

# Healthy Foods for Kids

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Parents, listen up! Here are a few easy-to-apply tips and tricks to keep your kids on a healthy track during the summer holidays.

## Breakfast is king

### Tip

Kids can't wait to get up and out the door, most times skipping a healthy breakfast. Discourage this by preparing something healthy to eat before they go.

Make a delicious, fresh salad of fruits and nuts for breakfast.



## Say no to food on the go

### Tip

Kids love fast food. However, that's not best since they're filled with saturated fats, salt and sugar. Homemade snacks can be just as delicious and much healthier.

Make mini meatballs for a daily snack to keep kids fuller for longer.



## Make your own ice-cream

### Tip

Store-bought ice-cream is packed with added sugars. Making your own ice-cream is easy and you can control how much sugar you want to add.

Look online for easy-to-make ice-cream recipes.



## Keep kids hydrated

### Tip

Keep thirst at bay by always having a bottle of cold water close by. Avoid giving your kids sodas or fruit juices as they're filled with sugars.

Freeze bottles of water to take along to the beach or pool.



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# Healthy Kids Food Guide

**Chao Zhang**



## Healthy Kids Food Guide:

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