



University of Tennessee, Knoxville
**Trace: Tennessee Research and Creative
Exchange**

Health, and Fitness

UT Extension Publications

10-5-2012

SP605-F Keys to Healthy Eating

Martha Keel

Janie Burney

Janice McCoy

Follow this and additional works at: http://trace.tennessee.edu/utk_agexheal



Part of the [Nutrition Commons](#), and the [Public Health Commons](#)

Recommended Citation

"SP605-F Keys to Healthy Eating," Martha Keel, Janie Burney, and Janice McCoy,
SP605-F
, http://trace.tennessee.edu/utk_agexheal/77

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the [UT Ag Research website](#).

This Human Nutrition - Nutrition Publications for Children is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Health, and Fitness by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact trace@utk.edu.

Keys to Healthy Eating



Tennessee Department
of Health

*Adapted for Tennessee by
Martha Keel, Professor
Janie Burney, Professor
and Janice McCoy, former Research Associate
Family and Consumer Sciences*

UT Extension

SP 605-F

Children should eat three healthy meals and two or three healthy snacks everyday. Foods high in calcium, iron and vitamin C are very important.

► **Calcium-Rich**

Milk
Cheese
Yogurt
Green Leafy Vegetables (like spinach and collard)
Salmon & Sardines

► **Iron-Rich**

Lean Meats – USDA
Fortified Cereals (WIC-Approved)
Peanut Butter
Breads & Grains
Dried Beans & Peas

► **Sources of Vitamin C**

Broccoli	Potatoes
Cabbage	Raspberries
Cauliflower	Spinach
Grapefruit & Grapefruit Juice	Strawberries
Green Peppers	Sweet Potatoes
Greens	Tomato & Tomato Juice
Oranges & Orange Juice	Watermelon
Muskmelon (Cantaloupe)	“WIC” Juices
Pineapple	



► **Anytime Snacks**

Any Fruit
Any Vegetable
Crackers
Cereals
Cornbread
English Muffins
Gingersnaps
Graham Crackers
Jell-O
*Nuts
*Popcorn
Pretzels
Pudding & Dips (made with low-fat
milk and milk products)
*Raisins
Rice Cakes
Vanilla Wafers

**may cause choking in young children*

► **Limit these higher-fat foods
(have only one of these a day):**

Any Fried or Greasy Foods
Bacon
Bratwurst
Biscuits
Bologna
Chocolate Bars & Candies
Cookies
Corn Chips
Doughnuts
French Fries
Hot Dogs
Polish Sausage
Potato Chips
Salami
Sausage Links or Patties

Adapted for Tennessee from “Keys to Healthy Eating and Snacking,” City of Milwaukee Health Department.



SP605-F 1M 6/12(REP) R12-5310-177-029-12 12-0193

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.