Ingredients:

- 1 whole wheat English muffin, halved
- 2–3 Tablespoons tomato sauce
- handful of broccoli florets, cut into small pieces no larger than ½ inch
- shredded part-skim mozzarella cheese or reduced-fat cheese

Directions:

1. Preheat oven to 350 degrees.
2. Ask your child to spread a layer of tomato sauce on each English muffin half.
3. Have your child decorate the English muffin with several broccoli pieces cut no larger than 1/2 inch.
4. Sprinkle shredded part-skim mozzarella cheese or reduced-fat cheese over the mini pizzas.
5. Bake the mini pizzas for a few minutes until cheese is melted and the English muffin is crispy.

SAFETY TIPS!

- Keep children away from a hot stove.
- Cut broccoli into pieces no larger than 1/2 inch to prevent choking.

REMEMBER:
Your children are more likely to try a new food if you try it with them!
Shopping List

- broccoli, either one head fresh, or one 16 oz. bag frozen
- shredded part-skim mozzarella cheese or reduced fat cheese of choice
- tomato sauce
- whole wheat English muffins

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.
**Ingredients:**

- 2 pears, cored and cut into small pieces
- Part skim mozzarella cheese or reduced fat cheese

**Directions:**

1. Ask your child to wash two pears under running tap water.
2. Core pear and cut into small pieces.
3. Serve your child a snack of pears and pieces of cheese.

**SAFETY TIPS!**

- Never keep a knife within reach of a young child.
- Cut pears into pieces no larger than 1/2 inch to prevent choking.

**Shopping List:**

- 2 fresh pears
- Part-skim mozzarella cheese or reduced fat cheese

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For most people over the age of two, cheese lower in fat is a healthier option than regular cheese. Part-skim mozzarella and reduced fat cheese are both lower in fat and good sources of calcium.

<table>
<thead>
<tr>
<th>Cheese</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Grams of Fat</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part-skim Mozzarella</td>
<td>1 oz</td>
<td>80</td>
<td>5</td>
<td>200</td>
</tr>
<tr>
<td>Reduced-fat 2% Cheddar</td>
<td>1 oz</td>
<td>90</td>
<td>6</td>
<td>200</td>
</tr>
<tr>
<td>Cheddar</td>
<td>1 oz</td>
<td>110</td>
<td>9</td>
<td>200</td>
</tr>
<tr>
<td>Swiss</td>
<td>1 oz</td>
<td>100</td>
<td>8</td>
<td>250</td>
</tr>
<tr>
<td>Pepper Jack</td>
<td>1 oz</td>
<td>100</td>
<td>9</td>
<td>150</td>
</tr>
<tr>
<td>Monterey Jack</td>
<td>1 oz</td>
<td>100</td>
<td>8</td>
<td>200</td>
</tr>
</tbody>
</table>
For most people over the age of two, low fat milk (fat-free or 1%) is a healthier option than 2% milk or whole milk. Children under the age of two need the extra fat in whole milk. Low fat milk has less of the things that are not as good for us (fat, saturated fat, and cholesterol), but just as much of the good stuff (calcium and vitamin D) as whole or 2% milk.

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>Fat Free Milk (Skim)</th>
<th>1% Milk</th>
<th>2% Milk (Reduced Fat)</th>
<th>Whole Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90</td>
<td>110</td>
<td>130</td>
<td>160</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>0</td>
<td>2.5</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>1.5</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>5</td>
<td>15</td>
<td>20</td>
<td>35</td>
</tr>
<tr>
<td>Calcium (% Daily Value)</td>
<td>30%</td>
<td>30%</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin D (% Daily Value)</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
</tr>
</tbody>
</table>
Choosing a healthy cereal can be tricky. Look for low sugar cereals with whole grain as the first ingredient. Reading nutrition labels will ensure that your family is eating healthy cereal at home. Below are some tips for the cereal aisle at your local grocery store.

**TIP 1**
Choose cereals that are low in sugar, with 7 grams or less of sugar per serving.

**TIP 2**
Choose cereals that are made from whole grains. Look at the list of ingredients on the nutrition label and select cereals that list a whole grain as the first ingredient:

- whole wheat
- whole oats
- whole grain
- whole corn
- whole rye
- whole grain barley