

## Tips for a Healthier Diet

### Nutrient-Dense Foods

Healthier foods are generally more “nutrient-dense”. This means they provide lots of vitamins and minerals along with the calories they contain. The following foods are nutrient-dense and are easy to include in your and your family’s diet:

- Frozen fruits and vegetables
- Canned fruits and vegetables in water
- Canned beans that are rinsed and drained well
- Store brand whole-grain breakfast cereals
- Vibrant, deeply colored fruits and vegetables in season
- Lean meat, skinless poultry, fish, eggs, beans, and nuts
  - Remember, the leanest cuts of meat end in “loin” or “round”
- Fiber-rich whole grain foods
- Milk, cheese, and yogurt

### Tips to help you and your family have a healthier diet

Here are some ideas for how to successfully introduce new foods and improve the quality of your family’s diet:

- Offer new foods over and over again. It can take many exposures to a food before a child is willing to try it.
- Offer less familiar foods alongside your child’s favorite foods to increase the chances they will try it
- Mix more nutritious foods into less nutritious ones. For example, mix whole grain cereal into your child’s favorite cereal, mix plain yogurt into sugar-sweetened yogurt, or mix whole grain flour into your pancake mix
- Make your own versions of favorite foods. For example, pizza with whole wheat dough and vegetables on top, or baked potato wedge ‘French fries’ tossed in olive oil and salt
- Try preparing foods in healthier ways. Bake, braise, broil, roast, grill, and poach rather than fry.
- Let children help you cook! They are more likely to try something they helped make
- Have fresh vegetables available for kids to snack on while they wait for dinner to be ready
- Be prepared with healthy on-the-go options, such as whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, and single-serve fruit cups canned in water or 100% fruit juice

## Final Considerations

For more information about healthy eating and active living resources, please email [5210healthywashoe@nnph.org](mailto:5210healthywashoe@nnph.org).

The contents of this document were adapted from The Fittest Food by Nutrition Works, LLC  
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