Mealtime can feel more like wartime when you try to get kids to eat healthy. But your example has a greater impact than you might expect.

While childhood is the time kids strive to discover their own skills, hobbies, and favorite food, the impulse to imitate is still strong. Encouraging healthy eating habits—and modeling those habits—helps instill a lifelong relationship with food that will allow them to grow into healthy, confident adults. And it’s never too late to start.
Simple things like switching to whole wheat bread and serving fresh fruits and vegetables with each meal can make a big difference in the nutrients your kids get on a daily basis, without sacrificing big on taste.

**Oatmeal**
Oatmeal has numerous health benefits including being high in fiber and protein. In fact, a study by Tufts University even associated oatmeal with improved short-term memory and auditory attention. Plus, it is a great substitution for sugary cold cereal.

**Tip:** Give your child options for flavoring their oatmeal and let them create a fun flavor that they’ll like. Blueberries, strawberries, cinnamon, and nuts are just a few options that can turn an ordinary bowl into a flavorful meal. And don’t forget, everyone loves Simply Fit™ Hot Cereal.

---

**Peanut butter & jelly sandwich**
While peanuts have a reputation for being high in fat, it is mostly unsaturated, so it is better than the saturated fats found in many other high-fat foods. Pair it with a fruit jam and some whole wheat bread and you have a great alternative to processed foods like chicken nuggets and french fries.

**Tip:** Use low-fat or fortified peanut butter and serve with apple slices for a tasty and healthy meal.

---

**Tuna Fish**
Tuna fish is healthy in moderation. One to two servings a week will give your kids the nutrients without any danger of overexposure to mercury. Tuna fish is high in protein, omega-3 fatty acids, and also contains many vitamins and minerals. It is a great alternative to fish sticks and fried fish sandwiches.

**Tip:** Use low-fat mayonnaise and whole wheat bread and serve it with a serving of fresh fruit, vegetables, or a crisp pickle.

---

**Chicken and vegetable kabobs**
Instead of serving your kids corndogs, try a chicken or beef kabob with vegetables. The chicken or beef provides a great source of filling protein while the vegetables provide fiber, vitamins, and minerals. Kids will also have fun eating it from a stick.

**Tip:** Use lean beef or chicken, broil or grill it, and serve with a fresh fruit medley.

---

These are just a few kid-friendly, healthy meals. Get creative, brainstorm with your child, and come up with new meal ideas together. A quick search on the Internet will provide you with more options and things to look for when shopping for healthier meal options for your kids. You’ll be a pro in no time.