

## **10 of the Worst Children's Foods:**

Soda pop	Whole milk
Too much cheese	Greasy Chips
Ice cream and frozen sweets	French fries and Tater Tots
Hot dogs and Bologna	Pizza loaded with cheese
White bread and pasta	Candy, sweets and chocolate bars

## **15 of the Best Children's Foods:**

1. Fresh fruits and vegetables  
(Especially carrot sticks, dark lettuce, cantaloupe, grapes, watermelon, strawberries)
2. Juice Plus+ (de-hydrated vegetables and fruits - in capsules or gummies)  
(Physician approved in 34 countries to support daily and vegetable intake)
3. Fruit or vegetable juices  
(Many low-sugar brands are available)
4. Chicken breast and drumstick without skin or breading
5. Whole-grain, low-sugar cereals  
(Kashi cereals, Nature's Path cereals, and Ezekial cereals)
6. Skim or 1 percent milk, soy milk  
(Juice Plus+ Complete powdered soy)
7. Extra-lean ground beef
8. Vegetarian soy burgers  
(Boca burgers or Morningstar Burgers)
9. Low-fat hot dogs, also turkey or soy pups  
(Yves Veggie Cuisine Fat-Free wieners, Lightlife Fat-Free Smart Dogs)
9. Non-fat ice cream, frozen yogurt, soy ice cream or rice dream
10. Fat-free corn chips or other chips  
(Garden of Eatin' Sesame Blues or other chips)
11. Seasoned air-popped popcorn
12. Rye or whole wheat crackers or Small World Animal Crackers
13. Whole grain bread  
(Exekial Bread and other sprouted wheat breads, rye bread, sour dough breads)
14. Raw nuts and seeds
15. Dried fruit and seed/nut mixes