

# Keys to Healthy Eating



Tennessee Department  
of Health

*Adapted for Tennessee by  
Martha Keel, Professor  
Janie Burney, Associate 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  
Jello®  
\*Nuts  
\*Popcorn  
Pretzels  
Pudding & Dips (made with lowfat  
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.*



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