

Heart-Healthy Tips for Kids

Printable tips for info on the go! Print, cut on the dotted line, then fold on the solid line in the center. Now, hang anywhere you and your family will see it each day!

Habits for Heart Health

Heart-healthy habits nurture your child's well-being and encourage a lifetime of cardiovascular health! Try to include the following habits into your daily routine.

Boost Fiber Intake

Fiber slows gastric emptying which promotes satiety and keeps you fuller for longer. Excellent sources of fiber include: beans, broccoli, berries, avocados, plain popcorn, whole-grain bread, apples, dried fruit, potatoes with skin, and mixed nuts.

Be Conscious of Added Sugars

Aim for less than 25g of added sugar per day. Most "kid-friendly" cereals have 14-16g added sugars in 1 cup. It can add up fast!

Reduce Refined Carbohydrates

Refined carbohydrates are highly processed grains that have been stripped of their nutritious outer layers. Refined carbohydrates can include white pasta, white bread, chips, fries, other items made with white flour.

Choose whole grains. They offer more fiber, vitamins, and minerals than refined grains. Brown rice, quinoa, or whole-wheat bread and pasta are great options.

Lower Sodium Intake

Rinse produce with water before cooking to reduce sodium and purchase low-sodium canned goods.

Flavor your food without added salt. Use herbs, spices, garlic powder, onion powder, or salt-free seasonings like Mrs. Dash.

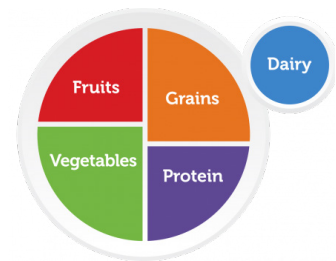
©2024 Sanford Health. All rights reserved. fit.sanfordhealth.org 992-669-471

Heart-Healthy Tips

Discover expert-backed tips to ensure your child is consuming a heart-healthy diet!

Use MyPlate as a simple visual guide for meal planning.

Aim to fill your plate with $\frac{1}{2}$ fruit/vegetables, $\frac{1}{4}$ proteins, and $\frac{1}{4}$ whole-grains. Aim for 2+ groups for each snack or meal!



Add fiber and protein to your favorite recipes.

- Add beans, nuts, or legumes to soups, casseroles, and salads.
- Add vegetables to sandwiches, scrambled eggs, sloppy joes, hamburgers, tacos, meatballs, or any of your favorite meals!
- Experiment with veggie noodles made from zucchini, beets, sweet potato, carrots, or butternut squash. Pair them with a low-sodium sauce and protein.

Hack your snacks.

- Wash, cut, and portion fruits and vegetables for easy grab and go snacks.
- Simple & Nutritious Choices: unsweetened applesauce, fruit cups in 100% juice, dried fruit, dried vegetables, popcorn, greek yogurt, trail mix, mixed nuts, cheese stick

fit
SANFORD



Scan here for more heart-healthy tips.