

Family Meals.

Anytime. Anyplace.



Academy of Nutrition and Dietetics
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Family Meals = Healthier Families

There are many benefits to family meals, including an opportunity to provide nutrients you and your family need. These four nutrients are considered “gap” nutrients because most adults and children do not get enough of them:

Potassium

- Vegetables (potatoes, spinach, broccoli, and tomatoes), fruits (orange juice and bananas), dairy (milk and plain yogurt), seafood (halibut and clams) and beans



Dietary Fiber

- Beans and peas, vegetables (potatoes and greens), fruits (oranges and mangos), whole grain cereals, and nuts (1 oz. portion)



Calcium

- Low-fat dairy foods (milk, yogurt, cheese) and fortified foods (cereal, orange juice)

Vitamin D

- Fortified foods (milk, soymilk, orange juice, cereal), fish (salmon, tuna), and egg yolks

Simple Meal Ideas

Keep It Simple

pre-washed salad, pre-cut veggies, frozen fruits and veggies, canned fruits and veggies, long-lasting produce

Time-Saving Tips

bagged salad greens, whole grains that cook in minutes, instant brown rice, quinoa, whole grain pasta, pizza dough or crusts, long-lasting vegetables, canned beans and vegetables, leftovers

On-the-Go Meals

just wrap-it!, tacos to-go, go anywhere sandwiches, pita stuffed with salad

Cook Once—Eat Twice

make extra, fill your oven every time you turn it on, double it up
for example: bake some potatoes and a whole chicken

Quick Stove Top Pleasers

stir-fry, ham and beans, pasta with sauce, taco night, seafood curry, red beans and rice, meal-in-a-peel potato bar

Recipe: Meal-in-a-Peel Potato Bar



Serves 4

Serving size: One potato plus 1/4th of each of the toppings

Preparation time: 20 minutes

Cooking time: 17-20 minutes

Ingredients

Cooking spray

1 pound baking potatoes (about 4 medium), scrubbed and washed

3 cups (10 ounce bag) frozen broccoli, cauliflower or mixed vegetables, cooked according to package directions

1 red bell pepper, chopped

1 cup (about 4 ounces) shredded Mozzarella or Low fat Cheddar cheese

1 cup low-fat plain yogurt

½ pound low-sodium deli ham or cooked chicken, diced

2 hardboiled eggs, peeled and chopped, or ½ cup hummus

Directions

1. Preheat oven to 375°F.
2. Place potatoes in a large glass bowl and nearly cover bowl with plastic wrap, leaving a vent opening. Microwave 10-12 minutes on high power until almost fork tender.
3. Place potatoes on baking sheet and bake for about 5 minutes until potatoes are fully fork tender.
4. Meanwhile, place cooked vegetables, red pepper, cheese, yogurt, ham and eggs each in a separate small bowl.
5. To serve, use oven mitts to place hot potatoes in individual soup bowls; slice open potatoes and serve with the variety of toppings.

Kids Eat Right Parent Activity

Where can we eat meals as a family?	What can I make/order to keep it healthy?



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Visit the Kids Eat Right website at:

www.kidseatright.org for tips, articles, recipes, and videos to help busy parents shop smart, cook healthy, and eat right!