



Kids Eat Healthy

HELP YOUR KIDS EAT WELL FOR
THEIR GROWTH, DEVELOPMENT,
AND HAPPINESSES.



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SUGAR FOR KIDS

✓ YES IN MODERATION



Fruit

Fruit is loaded with fiber which slows the rise in blood sugar and is excellent for protecting against gut dysfunction and diabetes. Fruit contains micronutrients that are necessary for development. In addition, fruit can help with hydration for children who don't always drink enough water.



Healthy Options for Sweetness

- Honey, maple syrup, and dates are suitable when consumed in moderation along with nutritious whole foods.
- These ingredients can aid in transitioning your child from a high-sugar diet.
- Raw local honey may assist in combating seasonal allergies, but it should never be given to a child under the age of one.



NO (AVOID WHEN POSSIBLE)



Artificial Sugars or "Sugar Free" Substitutes

Artificial sugars and sugar free substitutes can wreak havoc on your gut microbiome. In addition, this changes your taste buds and increases the sweet taste threshold, causing natural foods to be less satisfying and less desirable.



Refined Sugars

Candy and baked goods are the obvious example, however these sugars are found in items such as granola bars, bread, pasta, sauces, flavored milk, juice, etc. These sugars can add up as the day goes on.



"Healthy" Products With Added Sugars

Beware of products that claim to be healthy on the label. If the product is truly healthy, it doesn't need to be labeled that way. Look for added sugars. Common foods with added sugars are yogurt, granola bars, cereal, fruit pouches, peanut butter, and jam.

60 NAMES FOR SUGAR

Added sugar is present in almost every packaged product. Check out these alternate names for sugar that you might find on the packaging, listed in order of percentage within the product, with the primary ingredient being the most abundant. Keep an eye out for multiple sugar-related ingredients on the package. Companies often use various sugar types to avoid listing it as the main ingredient.

Agave Nectar/Syrup

Barbados sugar

Barley malt

Beet sugar

Blackstrap molasses

Brown rice syrup

Brown sugar

Buttered sugar/buttercream

Cane juice crystals

Cane sugar

Caramel

Carob syrup

Castor sugar

Coconut sugar

Confectioner's sugar

Corn syrup

Corn syrup solids

Crystalline fructose

Date sugar

Demerara sugar

Dextrin

Dextrose

Diastatic malt

Ethyl maltol

Evaporated cane juice

Fructose

Fruit juice

Fruit juice concentrate

Golden syrup

Galactose

Golden sugar

Golden syrup

Glucose

Glucose syrup solids

Grape sugar

High-Fructose Corn Syrup (HFCS)

Honey

Invert sugar

Lactose

Maltodextrin

Malt syrup

Maltose

Mannose

Maple syrup

Muscovado sugar

Molasses

Panela sugar

Palm sugar

Panocha

Powdered sugar

Raw sugar

Refiner's syrup

Rice syrup

Saccharose

Sorghum syrup

Sucanat

Sucrose

Turbinado sugar

Treacle

Yellow sugar



HEALTHY SWAPS

Kid Friendly

This for That



Cereal



Plain oatmeal with fruit (honey if needed)

This for That



Chips



Homemade non-GMO popcorn



Flavored yogurt



Plain Greek yogurt (with or without honey)



Classic peanut butter and jelly sandwich



Peanut butter and banana on rice cake



Popsicles



Frozen watermelon (or homemade popsicle)



Juice



Smoothie with berries and greens or tea



Pasta and meatballs



Quinoa, meat, and veggies



Crackers and cheese



Veggies and hummus or dip

KID FRIENDLY LUNCHES



Healthier Nut Butter and Fruit Sandwich

Ezekiel bread with organic nut butter (no oil or sugar added) and sliced strawberries. Serve with yogurt.



Lentil Pasta with Peas

Cooked lentil pasta with olive oil, pesto, or marinara sauce (no sugar added) mixed with peas. Serve with an apple.



Tuna Sandwich

Canned wild caught tuna mixed with avocado oil mayo and sliced cucumbers on sprouted grain bread.

**Once per week at the most due to possible mercury in tuna. Safe Catch is a clean brand.



Yogurt and Berries

Plain yogurt with paleo granola and mixed berries. Serve with watermelon.



Chicken Sandwich with Fruit and Veggies

Sliced chicken with avocado oil mayo and tomato on sprouted grain bread with cucumbers, cherry tomatoes, and blueberries. Option to add healthy dip for veggies.



Eggs, Grains, and Raw Veggies

Hard boiled egg, brown rice, chopped veggies with dip.



Meatballs, Grains, Cooked Veggies

Homemade meatballs, brown rice or cooled white rice, and steamed broccoli. Option to serve with marinara sauce (no sugar added).



Quesadilla with Veggies and Guacamole

Cheese and bean quesadilla served with guacamole and an apple.

NEED ON-THE-GO SNACK IDEAS?

Healthy Brands

The brand matters! Not all yogurt, dips, or bars are created equally. The brand makes a big difference in the quality. The brands and products below contain far less added sugars, artificial flavorings, pesticides, and preservatives compared to their counterparts.



Lesser Evil
(popcorn and
paleo puffs)



Once Upon a Farm
(smoothie and
overnight oat pouches)



Nancy's (yogurt,
kefir, and cottage
cheese)



Artisana Organics
(nut butters)



Food to Live (trail
mix and dried fruit)



Brads (veggie crisps,
chips, and crackers)



Hu (crackers)



Simple Mills (crackers
and healthier baked
goods)



Lara Bar (whole
foods bars)



Siggi's (yogurt,
probiotic drinks)



Wholly
(guacamole)



Hope (hummus)



Rhythm (vegetable
based snacks)



Made in Nature
(whole foods
snacks)



Precut vegetables
with hummus,
guacamole, or
cottage cheese



Easy to pack whole
fruit (oranges,
apples, pears,
bananas, etc.)

HEALTH"IER" PRODUCTS FOR COOKING AND MEAL PREPPING

Clean Brands



Rao's (pasta and pizza sauces)



Raw Farm (raw grass fed dairy products)



Organic valley (organic pasture raised dairy products)



Bragg (vinegars, liquid aminos, herbs, spices)



Simple Mills (flours and baked goods)



Arrowhead Mills (flours, muffin, and pancakes)



Food for Life Ezekiel (breads, buns, tortillas, english muffins, cereal)



Simple Mills (crackers and healthier baked goods)



West Brae (beans and legumes)



TruRoots (grains)



Tolerant (pasta)



Siete (wraps, taco shells, tortillas)



Primal Kitchen (dressing, dips, marinades, sauces, mayo)



Siete (premixed seasoning packs)



Chosen Foods (selection of oils)



Mother Raw (dips, sauces, marinades)

TOP NUTRIENTS FOR GROWING KIDS



Magnesium



Iron



Vitamin D



Zinc



Calcium



Omega 3



b-vitamins



Protein



Healthy Fats



Complex carbohydrates



Fiber



Hydration



Probiotics



Find more resources and stay connected:

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