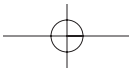
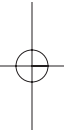
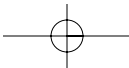
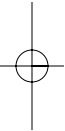
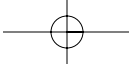


The American Dietetic
Association
Guide to Healthy
Eating for Kids





The American Dietetic Association Guide to Healthy Eating for Kids



HOW YOUR CHILDREN CAN EAT
SMART FROM FIVE TO TWELVE

Jodie Shield, M.Ed., R.D.
Mary Catherine Mullen, M.S., R.D.



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Foreword



Shortly after I returned home from China with my adopted daughter, Eleni, I received a visit from my friend and colleague Jodie Shield. Jodie had come to help me—a bewildered first-time parent—learn the nuances of motherhood and, most important, figure out how to feed my very hungry nine-month-old child. Well, over the course of a weekend, Jodie introduced Eleni to mashed potatoes, flavored yogurt, ripe bananas, and other healthful American favorites, and as each new food approached my daughter’s high-chair tray, her eyes widened with curiosity, interest, and delight.

These days, Eleni is no longer a baby, and my “big girl” (who still eats her fruits and veggies) will soon be going to school. Before long, she’ll be racing for the school bus, swapping lunches in the cafeteria, going to birthday parties and friends’ houses, and making food choices of her own. And as much as I’d always like to be there, my daughter will be growing up and spreading her nutritional wings. That’s why I’m grateful to Jodie Shield and Mary Mullen—registered dietitians with seven school-age children between them—for having written *Healthy Eating for Kids*, a modern-day bible for busy, health-conscious families. In the following pages,

X THE AMERICAN DIETETIC ASSOCIATION GUIDE TO HEALTHY EATING FOR KIDS

you'll find practical, friendly advice on all aspects of raising a healthy eater—and, most important, you'll learn how to teach your child to make sound decisions on her own. I think of this book as a personal visit from a registered dietitian. I know that you will too.

—Laura Broadwell
Former editor, *Healthy Kids* magazine

Acknowledgments



I would like to thank my parents for the family meals we've shared; my partner and friend, Mary Mullen, for putting up with me all of these years; my husband, Jim, and our three children, Jennifer, J.J., and Michael, for teaching me the "true" meaning of healthy eating; and all of my editors and publishers, especially Laura Broadwell, for allowing me to spread the news about eating smart.

—Jodie Shield, M.Ed., R.D.

Thanks to my family for their patience, encouragement, and love—especially my husband, Joe, and my children, Joseph, Kevin, Anne, and Maura. Thanks to my family, friends, and clients who offered practical advice and shared their real-life experiences. Thanks to Laura Broadwell for sharing her editorial expertise and guidance, and Diana Faulhaber for her support and publishing wisdom. And last, thanks to Jodie for making this book become a reality.

—Mary Mullen, M.S., R.D.

