

Health Facts *for you*

Pediatric Fitness: Everyday Foods vs. Sometimes Foods

Are you including foods from the “everyday foods” column everyday? Do you choose foods from the “better choices” column at least a couple of times each week? Can you eat “sometimes” foods less often (not every day) or in smaller portions?

Food Groups	Everyday Foods	Better Choices	Sometimes Foods
Grains	White rice, white bread/pita/tortillas/bagels, white pasta, whole grain cereals (Cheerios®, Wheat Chex®), pastries, cakes, pancakes, popcorn (with less oil and salt)	Brown rice, whole grain bread/pita/tortillas/bagels, whole wheat pasta, high-fiber cereals (Bran Flakes®, Bran Chex®), granola, whole grain pancakes (try Krusteaz® wheat ‘n honey), wheat germ, oatmeal	Croissants, doughnuts, cakes, cookies, stuffing, low-fiber sweetened cereals (Fruit Loops®, Cocoa Puffs®), crackers, waffles with syrup, popcorn with butter
Fruits & Vegetables	Orange juice, grapefruit juice, fresh or frozen fruits and vegetables	Avocado, citrus fruit, deep green vegetables (spinach, broccoli, kale, collards), dark orange vegetables and fruits (carrots, sweet potatoes, squash, cantaloupe, apricots), blueberries, tomatoes	Pickles, French fries, potato chips, fruit snacks most fruit juices
Dairy Products	Low-fat cottage cheese, low fat cream cheese, natural cheese (cheddar, Swiss, etc in moderate amounts, 1-2 slices per day or less).	Skim or 1% low-fat milk, plain low-fat yogurt	Half & half, cream, processed cheese (American, Cheeze Whiz®), ice cream, butter
Meats, Beans, Nuts & Seeds	Peanut Butter, chicken, pork, turkey, lean red meats	Salmon, baked or broiled fish and seafood, sushi, egg whites; nuts, seeds, dried beans and peas (black beans, bean soup, split pea soup, refried beans), lentils, tofu	Fried fish, bacon, hot dogs, spare ribs, salami, sausage, bologna
Mixed Dishes	Stir-fries, pasta with red sauce	Foods made at home	Macaroni and cheese, pizza, fast food

Grains, Beans, and Nuts

Superior Foods: Brown rice, whole grain bread/pita/tortillas/bagels, whole wheat pasta, high-fiber cereals (Bran Flakes®, Bran Chex®, etc), granola cereals, whole grain pancakes (try Krusteaz® wheat ‘n honey), wheat germ, oatmeal, nuts, seeds, dried beans and peas (black beans, bean soup, split pea soup, refried beans), lentils, tofu.

Everyday Foods: White rice, white bread/pita/tortillas/bagels, white pasta, whole grain cereals (Cheerios®, Wheat Chex®, etc), pastries, cakes, pancakes, popcorn (with less oil and salt), peanut butter.

Sometimes Foods: Croissants, doughnuts, cakes, cookies, stuffing (traditional), low-fiber sweetened cereals (Fruit Loops®, Cocoa Puffs®, etc), waffles with syrup, crackers, popcorn with butter.

Milk Products

Superior Foods: Skim or 1% low-fat milk, plain low-fat yogurt (eat with fresh fruit).

Everyday Foods: Low-fat cottage cheese, low fat cream cheese, natural cheese (cheddar, Swiss, etc in moderate amounts, 1-2 slices per day or less).

Sometimes Foods: Half & half, cream, processed cheese (American, Cheeze Whiz®, etc), ice cream, butter.

Fruits and Vegetables

Superior Foods: Avocado, citrus fruit, deep green vegetables (spinach, broccoli, kale, collards), dark orange vegetables and fruits (carrots, sweet potatoes, squash, cantaloupe, apricots), blueberries, tomatoes.

Everyday Foods: Orange juice, grapefruit juice, fresh or frozen fruits and vegetables.

Sometimes Foods: Pickles, French fries, potato chips, most fruit juices, fruit snacks.

Main Entrees, Poultry, Fish, Meat & Eggs

Superior Foods: Salmon, baked or broiled fish and seafood, egg whites, sushi.

Everyday Foods: Chicken, lean red meats.

Sometimes Foods: Macaroni and cheese, pizza, fried fish, bacon, hot dogs, spare ribs, salami, sausage, bologna.

If you have questions and attend a specific UW Health clinic please contact your clinic and ask to speak with the nutritionist. You may also contact one of the offices below:

Nutrition Clinic Pediatric Fitness Clinic 621 Science Drive Madison, WI (608) 263-	Nutrition Clinic University Station 2880 University Ave Madison, WI 53705 (608) 263-5012	Nutrition Clinic UW Health West Clinic 451 Junction Road Madison, WI 53717 (608) 265-7526	Nutrition Clinic UW Health East Clinic 5249 East Terrace Dr Madison, WI 53718 (608) 265-0963
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