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A L L I A N C E

# Kids Eat Healthy

## A 'Back to School' Food Guide for Parents

Help your kids eat well,  
be happy, and grow strong.





# Healthy Lives Begin With Healthy Choices

What your kids eat makes a huge difference in how they feel, grow, and learn.

This guide helps parents make healthy food choices for their children. Sending your kids to school with nutritious, whole, unprocessed foods will help them feel better and optimize their energy for learning.

Plus, educating your kids about food and preparing and enjoying meals together is a great way to spend family time!



# About the Author

Kristina Carman ND, NT, IFM, is a registered nutritional therapist, naturopathic doctor, functional medicine practitioner, chef, and health coach. Her practice offers approachable, sustainable, and accessible advice and support when it comes to a patient's natural health and movement. She is passionate about food, nutrition, and lifestyle as medicine, and has a "leave no stone unturned" approach with her patients.



# Sugar for kids?

✓ YES to these (in moderation)



## Fruit

Loaded with fiber that slows the rise of blood sugar and protects against gut dysfunction and diabetes. Fruit has micronutrients essential for development. Fruit can also hydrate, since children don't always drink enough water.



## Natural Sugars

Things like honey, maple syrup, and dates are safe in moderation when combined with healthy whole foods. Help transition your child off a high-sugar diet. Raw local honey can help ward off seasonal allergies, but avoid in babies under age 1 because of a risk of infant botulism.

✗ NO to these (avoid where possible)



## Artificial Sugars or "Sugar Free" Substitutes

These can wreak havoc on the gut microbiome. They can also change your taste buds and increase the sweet taste threshold, making natural foods less satisfying and therefore less desirable.



## Refined Sugars

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



## "Healthy" Products with Added Sugars

If a food is truly healthy, it probably doesn't need a label! Foods that commonly have added sugars include yogurt, granola bars, cereal, fruit pouches, peanut butter, and jam. Read labels carefully.



# 60 Names for Sugar

Added sugar is in nearly every packaged product. Below is a list of ingredients that you may see on a package that really mean "sugar". On food labels, ingredients are listed from highest to lowest percentage within the product. Check to see if more than one of these ingredients below is listed. Companies will often use different types of sugar so they don't have to list it as the first 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

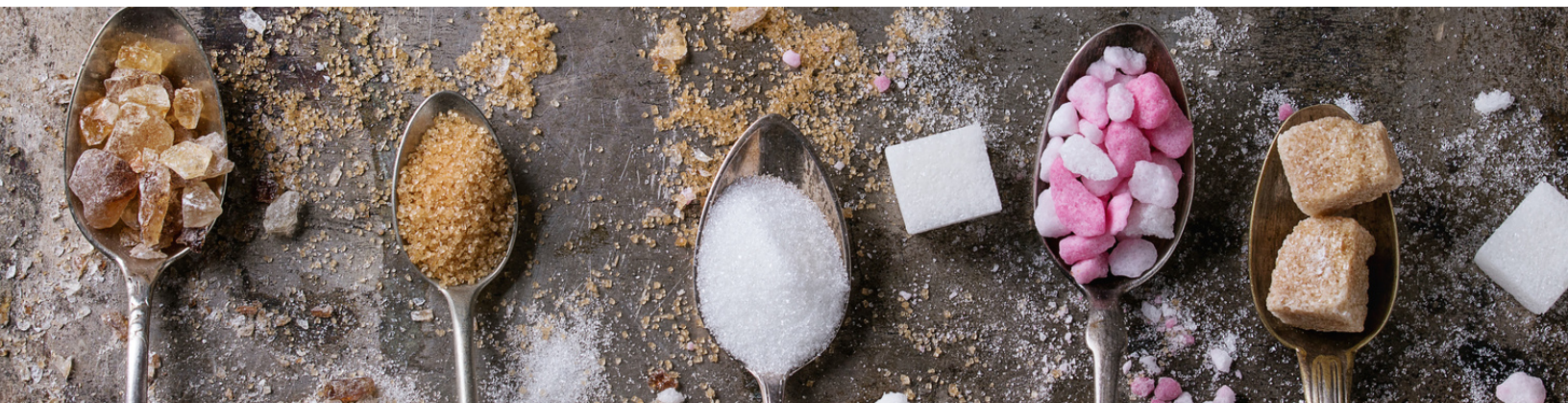
Sucanat

Sucrose

Turbinado sugar

Treacle

Yellow sugar



# Healthy Swaps

## Better Kid-Friendly Choices

### Substitute:

This for That



Cereal for plain oatmeal with fruit (honey if needed)

This for That



Potato chips for homemade, non-GMO popcorn



Flavored yogurt for plain Greek yogurt (with or without honey)



Peanut butter and jelly sandwich for peanut butter and banana on a rice cake



Popsicles for frozen watermelon or homemade popsicles



Juice for smoothies with berries and greens (more fiber!)



Pasta and meatballs for quinoa with meat and veggies



Crackers and cheese for fresh veggies with 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 with avocado oil, mayo, and sliced cucumbers on sprouted grain bread.  
NOTE: 1x/week at most due to possible mercury in tuna. Safe Catch is a clean brand.



## Yogurt and Berries

Plain yogurt with paleo granola and mixed berries. Add nut butter and sliced almonds to make it more filling. Serve with watermelon or any other fruit.



## Chicken Sandwich with Fruit and Veggies

Sliced chicken with avocado oil mayo and tomato on sprouted grain bread with cucumbers, cherry tomatoes, and blueberries.



## Eggs, Grains, and Raw Veggies

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



## Meatballs, Grains, and 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.

# "On the Go" snack ideas

## Healthy Brands

The brand matters! Not all yogurt, dip, or on-the-go 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, c  
hips, and crackers)



Hu  
(crackers)



Simple Mills  
(crackers and  
healthier baked  
goods)



Lara Bar  
(whole foods bars)



Siggis  
(yogurt, probiotic  
drinks)



Wholly  
(guacamole)



Hope  
(hummus)



Rhythm  
(vegetable based  
snacks)



Made in Nature  
(whole foods  
snacks)



Pre-cut vegetables  
with hummus,  
guacamole, or  
cottage cheese



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



# "Healthier" 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)



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