

Tips for Parents of Preschool Children



is for Spinach

Produce Tips

- Select spinach leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.
- Wash spinach well before eating. Rinse with cold water and stir to remove dirt. Dry with a paper towel.
- Fresh spinach should last three or four days in the refrigerator.

Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)	
Calories 7	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 5%
Source: www.nutritiondata.com	

Recipe

SCRAMBLE SPINACH WRAP

- Makes 4 adult servings at
- 1 tortilla each

Ingredients

- 4 (8 inch) flour tortillas
- nonstick cooking spray
- 1 cup egg substitute
- ¼ cup lowfat shredded cheddar cheese
- 2 cups of spinach leaves
- 1 small tomato, chopped

Optional

- Jalapeños or fresh salsa

Preparation

1. Spray pan with nonstick cooking spray. Add spinach to pan. Heat and toss spinach for 2 minutes.
2. Add egg substitute and stir until cooked and firm, about 5 minutes. Add chopped tomatoes and cook for 2 minutes.
3. Warm tortillas in microwave for 5 to 10 seconds.
4. Place ¼ of the egg mixture in each tortilla and sprinkle with cheese.
5. Wrap the tortilla around the egg mixture and enjoy.

Nutrition Information Per Serving:

Calories 219, Carbohydrates 27 g, Protein 14 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 2 mg, Sodium 416 mg, Dietary Fiber 1 g

Adapted from:

Souful Recipes: Building Healthy Traditions, http://caochampionsforchange.net/en/docs/AACookbook_v21_FINAL.pdf

For important nutrition information, visit www.caohampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Eating out may be a problem for young children.

- Children may not be hungry when the family goes out to eat.
- The restaurant may not offer child-sized portions.
- Allow your child to socialize like everybody else.
- Encourage children to use utensils. Try not to interfere with your child's eating.

Family Activity

Encourage your child to practice different activities every day.



- Play soccer with your child. Run together behind the ball and kick it toward a goal.
- Throw a Frisbee and ask your child to catch it.
- Play your favorite music and dance together.
- Play catch-the-ball.



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