

# KIDS LIVEWELL INSPIRING SIDES







## INSPIRING KIDS LIVEWELL SIDES

Need some fun inspiration to make Kids LiveWell (KLW) sides an active part of your KLW menu program? Look no further!

Below are ideas to serve delicious sides of fruits and vegetables, lean proteins, whole grains, and low-fat dairy for your youngest guests.

Note:

- These lists serve as inspiration for your menu and offer a sense of **portion sizes for your sides**. To get your sides KLW-certified, email the team — **it's free** ([KidsLiveWell@restaurant.org](mailto:KidsLiveWell@restaurant.org)).
- Once your sides and meals are approved, you can **leverage the KLW logo** on your menu and marketing to highlight your efforts.
- **Reach out to us!** Have a creative idea to share or need help putting your menu to work for kids? **Email: [KidsLiveWell@restaurant.org](mailto:KidsLiveWell@restaurant.org)**.



# INSPIRATIONAL SIDES

Have fun designing engaging side dishes for your Kids LiveWell meals! Each group, listed below in alphabetical order, has some portion-size specifics (as laid out in the [KLW criteria](#)) so pay attention to serving amounts. While each menu and restaurant are unique, here is some guidance to mix and match to make your youngest customers happy and healthy!



## DAIRY GROUP

**KLW Criteria for MILK:** Options include flavored or unflavored non-fat or low-fat (1%) dairy milk or non-dairy beverage that is nutritionally equivalent to fluid milk (e.g., fortified soymilk) in a **serving size of 8 oz.**

**KLW Criteria for DAIRY:** Include **½ cup** of any of the following dairy sides below.

- Low-fat cheese
- Low-fat cottage cheese
- Yogurt

## GET CREATIVE

Try serving a ½ cup of 100% fruit, vegetable, or combination purees as a kids-approved side! Examples:

- 100% apple sauce
- Mashed butternut squash
- Pureed pouches



## FRUIT GROUP

**KLW Criteria for FRUIT:** Include **½ cup or more** of any of the fruit below (except ¼ cup of dried fruit).

- |                                |                  |                |
|--------------------------------|------------------|----------------|
| • Apples                       | • Grapefruit     | • Pears        |
| • Asian pears                  | • Grapes         | • Pineapple    |
| • Bananas                      | • Honeydew melon | • Plums        |
| • Blackberries                 | • Kiwi           | • Pomegranate  |
| • Blueberries                  | • Mangoes        | • Raspberries  |
| • Cantaloupe                   | • Nectarines     | • Star fruit   |
| • Cherries                     | • Oranges        | • Strawberries |
| • Fruit cocktail in 100% juice | • Papaya         | • Watermelon   |
| • Fruit purees                 | • Peaches        |                |

## Kid Approved Juices

**KLW Criteria for JUICE:** Options include 100% fruit or vegetable juice, or fruit and/or vegetable juice combined with water or carbonated water, with **no added natural or artificial sweeteners**, in a **serving size of 8 oz. or less.**

- |                |                   |
|----------------|-------------------|
| • Apple juice  | • Papaya juice    |
| • Mango juice  | • Pineapple juice |
| • Orange juice | • Tangerine juice |



# GRAINS GROUP

**KLW Criteria for GRAINS:** Serve at least a **1 oz. portion**. Examples include a **½ cup** brown rice, whole grain pasta, whole grain cereal, oatmeal, or quinoa; **1 slice** of whole grain bread; **1 oz.** of whole grain crackers; or **3 cups** of popcorn.

- Brown rice
- Oatmeal
- Popcorn
- Quinoa
- Whole grain cereal
- Whole grain crackers
- Whole grain bread
- Whole grain pasta

## KNOW YOUR WHOLE GRAINS

To count towards KLW, your whole grain sides must provide at least 8 grams of whole grains per serving AND meet one or more of the following criteria:

1. The first ingredient listed is a whole grain.
2. At least 50% of the product's total weight consist of whole grains.
3. At least 50% of the grain content by weight is whole grains.



# PROTEIN GROUP

**KLW Criteria for PROTEINS:** For meats or meat alternatives, aim to serve at least a **1 oz. portion**. Examples include **1 oz.** of meat, poultry, or seafood; **1 egg**; **¼ cup** of cooked pulses or tofu; **2 tbsp** of nut butter; or **1 oz.** of nuts or seeds.

- |                   |           |               |
|-------------------|-----------|---------------|
| • Almonds         | • Edamame | • Nut butter  |
| • Black beans     | • Eggs    | • Pinto beans |
| • Cashews         | • Hummus  | • Tofu        |
| • Chicken sausage | • Lentils |               |

# VEGETABLE GROUP

**KLW Criteria for VEGGIES:** Include **½ cup** or more of any of the vegetables below (except 1 cup of lettuce).

- |                 |                            |
|-----------------|----------------------------|
| • Black beans   | • Garden salad             |
| • Broccoli      | • Green beans              |
| • Carrots       | • Green peas               |
| • Cauliflower   | • Pinto beans              |
| • Celery sticks | • Potatoes, white or sweet |
| • Chickpeas     | • Vegetable medley         |
| • Corn          |                            |

## FUN FACT!

Beans, peas, lentils, and chickpeas — also known as pulses — are considered BOTH a vegetable and a protein in the Dietary Guidelines for Americans.



# COMBO SIDES

**Get inspired with these exciting combos!**

- Ants on a log
- Bean dip with veggies or crackers
- Beet hummus with veggies or crackers
- Breaded squash
- Broccoli with low-fat cheese
- Deviled egg
- Fruit with yogurt dip
- Guacamole with veggies
- Hummus with veggies or crackers
- Kale chips
- Low-fat string cheese
- Oatmeal with fruit
- Pita bread with hummus
- Popcorn cauliflower
- Baked potato wedges
- Protein balls
- Roasted chickpeas
- Smoothies
- Spaghetti squash with tomato sauce
- Sushi rolls
- Sweet potato bites with ketchup
- Trail mix
- Veggies with dip
- Veggies with hummus
- Whole grain crackers with low-fat cheese or dip
- Zucchini pancakes



*Submit your combo sides with extra details to ensure they meet the KLV criteria.*

