



Celebrate Cinco de Mayo in the Kitchen

Did you know some of the most delicious meals start with just a few simple ingredients? Mexican cuisine is built around three nutritious staples: corn, beans, and chiles. While these foods may sound simple, they can be combined in countless ways to create flavorful and satisfying dishes. Cinco de Mayo is a great opportunity to [explore a bit of cultural history](#) while getting your kids involved in [preparing a meal together](#). Try family favorites like enchiladas, fajitas, tortilla soup, or an easy layered bean dip—[find these recipes \(and more\) here](#) as you celebrate Mexican heritage on May 5th this year!

Fun fact: Corn has been a staple food in Mexico for thousands of years and is used to make tortillas, tamales, and many other traditional dishes.

Focusing on Whole Foods

The [USDA's Dietary Guidelines for Americans](#) were recently updated, continuing to emphasize a simple but powerful message: prioritizing whole, minimally processed foods can support better health for kids and adults alike. A helpful way to think about healthy meals for kids is making sure most meals include these three key components while limiting added sugars:

- Protein – from both animal sources (including dairy) and plant-based foods. *Need help adding more protein to your child's diet? Check out [this quick guide](#) for simple ideas.*
- Fruits and Vegetables – aim for a variety of colors and forms.
- Whole Grains – such as whole wheat breads or tortillas, brown rice, etc.

Small changes can make a meaningful difference in your child's nutrition over time.

BREAKFAST



LUNCH



DINNER





Curbing Constipation

Many children experience constipation at some point – whether occasionally or more long-term – and it can cause both physical discomfort and stress for kids and parents alike. While some cases may be related to underlying medical issues that require guidance from a healthcare provider, simple lifestyle habits can often make a big difference. There are “3 F’s” for gut health: Fiber, Fluid, and Fitness. [Learn more about tackling your child’s constipation](#) and [explore some kid-friendly high-fiber snack ideas here](#).

Summer Sun Safety

As the sun starts shining brighter and kids spend more time playing outside, it’s important to take a few simple steps to keep them safe in the heat. Packing water is a “must” to help prevent dehydration, and sunscreen is essential to protect against painful sunburns. [KidsHealth offers a helpful guide](#) that explains the different types of sunscreen, how to choose one that works best for your child, and how to (re)apply it correctly. There’s no need to avoid the sunshine altogether—time outdoors can support physical activity, sleep, and overall well-being. Just be sure your family is prepared with water, sunscreen, and sun-smart habits before heading out to enjoy those sunny days!



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Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

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