

25 Ways to Help your Child Eat Healthier

1. Take your child to the grocery store and have them pick a new vegetable to try.
2. Plan at least 5 different fruit and vegetable servings a day.
3. Toss minced vegetables into salads, tacos, casseroles, soups and stew.
4. Have a dip prepared for raw vegetables. Try low fat salad dressings, Humus, smashed avocado or nut butter.
5. Add diced fruits as a topping on cereal, pudding, etc.
6. At breakfast add fruits to pancakes, muffins, or oatmeal.
7. Add vegetables to burritos, cheese melts and omelets...
8. **Be patient and don't nag. It can take 10- 15 exposures before kids will try it!**
9. Use whole grain bread and bread products.
10. Read stories of farms and produce to get your child interested in where food comes from.
11. Take advantage of "pick your own produce".
12. Start a home garden. Have your child help
13. Have your child assist with meal preparation.
14. Take advantage of dried fruits and dried vegetables.
15. Additional vegetable suggestions- homemade salsa, guacamole, baked sweet potato wedges.
16. Make "sandwiches out of thinly sliced apples," and "celery boats"
17. Use pureed vegetables as "dipping sauces such as pureed carrots or avocado.
18. To enhance gravy, puree vegetables such as carrots, celery or onions and add to gravy recipe for added nutrients.
19. Discuss raw vegetables as interesting shape such as broccoli trees.
20. Make "smoothies" with natural, unsweetened yogurt or milk or juice and add fresh and frozen berries and other fruits.
21. Use green vegetables, beans and almonds, calcium enriched juices, enriched rice milk and black strap molasses for flavoring.
22. Variety is important!
23. Give choices. Place 2 or 3 different vegetables on your child's plate. One spoonful of 3 different vegetables is better than 3 spoonfuls of one.
24. Try a barbeque by grilling kabobs
25. **Be a role model! Be sure to eat your vegetables and fruits too!**

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