



How Do I Get My Kids to Eat More Fruits and Vegetables?

1. Make it easy!



- When kids come home hungry, chances are they'll grab the easiest thing first.
- Make fruits and vegetables handy and simple.
- Put a large bowl filled with fresh fruit on the kitchen counter.
- Put bottles or boxes of 100% fruit juice on easy-to-reach shelves.
- Have "grab and go snacks" in small plastic bags (cut up raw vegetables, peeled and segmented oranges, seedless grapes) in the frig.
- Limit the high sugar and high fat snack foods and beverages brought home – so kids are not tempted to snack on these instead of healthy fruits and vegetables.

2. Make it fun!

- Capturing the imagination of kids can make eating fruits and vegetables more exciting.
- Here's a great recipe you can try at home:

Broccoli Forest

Makes 8 "tree" servings.

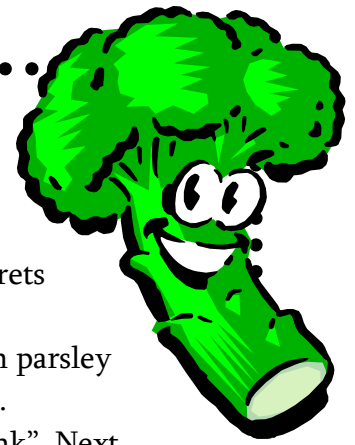
Dipping Sauce:

- ¼ cup plain nonfat yogurt
- ¼ cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

Trees:

- 16 baby carrots
- 3 cups broccoli, cut into florets
- 16 cherry tomatoes
- 3 tablespoons chopped fresh parsley

1. Mix yogurt, sour cream, honey and mustard in a small bowl for dip.
2. Create each tree by putting 2 baby carrots side-by-side for the "trunk". Next, arrange broccoli florets around the carrots for "leaves". Add 4 tomatoes to top each "tree". Spoon dip around the base of the carrots, and sprinkle with chopped parsley as "grass".



3. Add fruits and vegetables to favorite foods

- Put sliced bananas on top of cereal.
- Add slices of green and red pepper to cheese pizza.
- Make strawberry shakes with frozen strawberries, low fat frozen yogurt and milk.
- Put shredded carrots and lettuce on a turkey sandwich.
- Add carrot 'coins' to chicken noodle soup or rice.
- Put slices of tomato inside cheese quesadillas.
- Add pureed red peppers and zucchini to spaghetti sauce.
- The possibilities are endless. Simply use your imagination to come up with other ways to add some more fruits and vegetables to your child's diet.