

Tips^{for} Kids: Eating More Fruits & Vegetables!

Eating fruits and vegetables is part of a healthy diet for both children and adults. Finding creative ways to eat fruits and vegetables can be fun for the entire family. Fruits and vegetables are available in fresh, frozen, canned, and dried forms. Taking the time to introduce a variety to kids can help develop a lifetime of healthy habits.

Ten Tips!

- 1 Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
- 2 Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
- 3 Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetables as side dishes when at restaurants.
- 4 Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
- 5 Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
- 6 Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
- 7 Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
- 8 Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
- 9 Keep trying. For some foods, it may take many times before a child acquires a taste for it.
- 10 Encourage friends or relatives to offer vegetables and fruits to your children.

Help your child fill in the blanks below.

Fruits I Like:

Vegetables I Like

Fit^{for} a Kid

