

Tips for Getting Kids to Eat More Fruits & Vegetables

1. OFFER CHOICES

- Let your children choose!
- They get to make decisions and feel in control.



2. MAKE IT EASY

- Make fruits and vegetables easy choices by putting them where kids will see them first.
- Have them ready to eat.
 - Have "grab and go snacks" (cut up raw vegetables, peeled pieces of oranges, seedless grapes, etc.) in small plastic bags.
 - Put a basket or bowl with fresh fruit on the kitchen counter.
 - Put bottles or boxes of 100% fruit juice on lower shelves where kids will see them when they open the fridge looking for a cool drink.



3. ASK KIDS TO HELP

- Children are more likely to try something they've helped prepare.
- Have your children find recipes, plan meals, and grocery shop with you- make it fun!
- Encourage them to help with food preparation.



4. TRY NEW ONES

- It may take two, three or even ten tries before a child gets used to a new food.
- Ask kids to try one bite, praise them for trying.
- Keep offering new fruits and vegetables.



5. BE A GOOD ROLE MODEL

- Children learn by watching what parents, older siblings and grown-ups do and say. So watch what you say and do.

6. ADD FRUITS AND VEGETABLES TO FAVORITE FOODS

- Put sliced bananas on top of cereal.
- Make strawberry milk shakes with frozen strawberries, low-fat frozen yogurt and milk.
- Add slices of green and red pepper to cheese pizza.
- Add carrot 'coins' to chicken noodle soup.

