

# Tips for Getting Your Kids to Eat More Fruits and Vegetables

Let's face it: many kids are picky eaters. Fortunately, it's possible to get even the pickiest eaters to eat their fruits and veggies! Here are some tips to help get children to eat healthier foods:

- 🍎 Talk with your child about the meals served at school. Ask what they had for lunch, what they liked, and how it could be better. Share constructive feedback with your school food service.
- 🍎 Serve more fruits, veggies, and whole grains at home to help reinforce the changes at school.
- 🍎 Adopt appealing ways to present fruits and vegetables. Try putting them on attractive plates, serving them with a low-fat dip, cutting fruit rather than serving it whole, adding an interesting, low-calorie sauce, or sprinkle with a little parmesan cheese.
- 🍎 Find interesting vegetable recipes online to add flavor and appeal. Too often we put more time and effort into the entrée than the side dishes.
- 🍎 Talk to your child about the importance of a healthy diet to grow up healthy and strong and avoid health problems in the future.
- 🍎 Bring your child to the grocery store or farmers' market. Point out different fruits and vegetables. Discuss your favorites. Talk about the different colors and textures. Let your child pick out something new.
- 🍎 Put out cut fruits or veggies for kids to snack on while you're cooking dinner. Get the fruits and veggies in when they're hungry!
- 🍎 Be a positive role model. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.
- 🍎 Give healthy meals and dishes fun and appealing names. Instead of "Eat your zucchini!" it might be, "It's time for Zippin' Zucchini!"
- 🍎 Cook with your child. Let your child help pick out a healthy recipe and prepare it together. Kids are more likely to try a new food or meal if they are involved in the process.
- 🍎 Keep fruit in a bowl in a prominent place in the kitchen or on a shelf at eye-level in the refrigerator so it is readily visible. The bottom crisper drawer is out of sight—and out of mind.
- 🍎 Don't be discouraged if your child doesn't immediately like a new food. Children are naturally resistant to new foods. Just because they don't like it the first time, doesn't mean they won't eat it ever again. Reintroduce foods every once in a while and try preparing them different ways.
- 🍎 Surround your child with healthy choices. If you give a child the option between an apple or a cookie, most will choose a cookie. But if you give them a choice between an apple and grapes, they will choose an apple or grapes—and both are great options!

