

10

ways to get your kids to eat more fruits and vegetables

- 1.** Do salad. Let the kids help tear lettuce, peel carrots and snap beans. Pour on a little low-fat dressing and let the kids eat all they want.
- 2.** Soup up your meals. Vegetable soups are a great way to eat more vegetables.
- 3.** Thirsty? Try different combinations of fruits or vegetables in your blender. Add a little milk or yogurt for a tasty, healthy shake.
- 4.** Kids love frozen treats. Pour or spoon fruit juice or fruit yogurt in small molds or ice trays. Cover with foil, then cut a small slit, stick an ice cream stick or spoon inside and freeze.
- 5.** Make fruit kabobs. Skewer a variety of fruit on ice cream sticks and serve as a colorful snack.
- 6.** Dip it. Serve raw vegetables along with a healthy dip.
- 7.** Stir-fry. Heat a little oil in a skillet or wok. Add any of your favorite veggies. Stir and cook until bright and tender crisp. Add lean meat or chicken, spices you like and serve over rice.
- 8.** Hide it. Add shredded or cut up vegetables to favorite foods. Try zucchini in spaghetti sauce, spinach in burgers or meat loaf, even broccoli on pizza.
- 9.** Chart it. Make a food chart for your refrigerator. Let the kids use stickers or checks to chart their progress toward eating more fruits and vegetables.
- 10.** Set an example. Children learn from what we do, not what we say. Eating a healthy diet yourself is the best way to teach your children about foods that are good for them.

