

Kids Say Yes to Fruits and Vegetables



Transforming Our Community's Health

Don't be alarmed if it takes about 10-15 tries before a child decides to try an unfamiliar fruit or vegetable. The earlier children are exposed to fruit and vegetables, the more successful the acceptance will be. Eating habits that begin in childhood last forever. They should get 5 servings of fruits and vegetables total every day. The following are tips on how to promote fruit and vegetable consumption:

- **Focus on the little things:** offer children little pieces and easy to eat bites of fruits and vegetables can make tasting it less overwhelming. If kids ask for more, or finish what was given, they feel they have been successful, which will help them repeat the behavior.
- **Be prepared:** have fruits and vegetables ready to eat; washed, sliced and at eye level in the fridge or packed in lunchboxes.
- **Lead by example:** seeing caregivers eat a wide variety of fruits and vegetables is the # 1 way to get children to do the same. Talk about the colors, smells, textures and tastes of what they are eating to strengthen connections with these foods.
- **Get them in the kitchen:** Getting your kids involved in the kitchen get them excited about eating the meal that they just helped to make!
- **Eat with your children:** ideally, caregivers should eat what their children are eating, when they are eating it. If it is difficult to eat together as a family, keeping kids company at the table during their mealtimes, while snacking on a salad, fruit or crudité's is a great way to teach desired behaviors.
- **Make eating an enjoyable time:** children are more likely to try new foods if the atmosphere is relaxed and there is no power-struggles, bribes, threats, negotiations and ultimatums. Always introduce a new food with a food that they are already familiar with and like.



Frosty

Orangeliciousness

Preparation Time: 5 minutes

½ cut fat-free vanilla ice cream or frozen yogurt

½ cup orange juice

1 orange, peeled and frozen

1 teaspoon orange zest (optional)

Place all ingredients in a blender and enjoy!

Each serving provides an excellent source of vitamins A & C, folate and potassium, and a good source of calcium, magnesium and fiber.

Created by Consulting Registered Dietitians Inc.
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