



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

July 2015

Veggies for Kids

Some children are afraid to eat, or even try vegetables. If your child refuses to eat a vegetable, don't worry! His likes and dislikes will change with time.

Don't force your child to eat.

- ☺ Let your child see you and others eating and enjoying vegetables.
Your child learns best by watching what others eat.
- ☺ Take your child to the grocery store or farmers' market.
Talk about the different vegetables. Let your child choose a vegetable to try at home.
- ☺ Let your child help in the kitchen.
Small children can help by washing vegetables, mixing salads, or putting vegetables together in a bowl. Children love to eat what they help to cook!
- ☺ Make fun veggie snacks for children.
If your child refuses vegetables at a meal, offer vegetables at snack time.
- ☺ Keep vegetables in sight.
Store cut up carrots, broccoli, cauliflower, and other raw vegetables in a clear container in the refrigerator.
- ☺ Offer raw vegetables with low-fat ranch dressing, dill dip, or salsa.
Vegetables often taste better when they are raw. Try raw broccoli, carrots, cherry tomatoes, pepper strips, cauliflower, pea pods, and cucumber slices. Veggies are fun to dip!



More Ways to Love Veggies

- 😊 Sprinkle shredded cheddar or parmesan cheese on vegetables. Try cheese on cooked broccoli, cauliflower or carrots.
- 😊 Cook dishes with plenty of vegetables. Enjoy stir fries, tacos, soups, and stews.
- 😊 Add vegetables to scrambled eggs. Stir in cooked, finely chopped broccoli, carrots, red peppers, or green peppers.
- 😊 Make a Pasta Salad with vegetables. Toss together chopped broccoli, cauliflower, tomatoes, and cooked pasta with Italian salad dressing.
- 😊 Carrots are one of our most nutritious vegetables. Offer baby carrots, carrot sticks, or shredded carrots for finger foods.
- 😊 Shredded carrots can be added to many of your favorite foods. Add shredded carrots to meatloaf, spaghetti sauce, pizza sauce, salads, soups, and tacos.
- 😊 Add small pieces of cooked broccoli to canned soups, boxed rice dishes, meatloaf, or lasagna.
- 😊 Bake with vegetables. Mashed sweet potatoes, pumpkin, and shredded carrots can be added to muffins or quick breads.
- 😊 Chopped spinach can be added to meatloaf, meatballs, lasagna, and soups.
- 😊 Add fresh spinach leaves to your favorite salad for more nutrition. Try the baby spinach leaves in your salad.
- 😊 Don't force your child to eat vegetables. Forcing will only teach your child to hate vegetables. If your child refuses to try or eat vegetables, relax. Offer vegetables again at the next meal or snack.
- 😊 Continue to offer fruits at meals and snacks. Fruits have many of the same nutrients as vegetables. Some children prefer fruits.
- 😊 Don't give up! Don't exclude vegetables that your child doesn't like. Your child may change his mind as he grows older. He may even love some of these vegetables later.

Tomato Bruschetta

Yield: 6 servings

Time: 20 minutes

5 medium tomatoes, cut into small pieces
1 clove garlic, finely chopped
3 tablespoons olive oil
1/4 cup fresh basil leaves, slices into thin strips
Salt and pepper, to taste (optional)
1 baguette, sliced into to 1/2 rounds

1. Preheat oven to 350°F.
2. In a medium bowl, combine tomatoes, olive oil, and basil. Add salt and pepper; stir to combine. Set aside.
3. Place bread slices on a baking sheet and toast in the preheated oven until golden brown, 5-7 minutes.
4. Remove bread from oven. Top each slice with 1-2 tablespoons tomato mixture.
5. Serve.

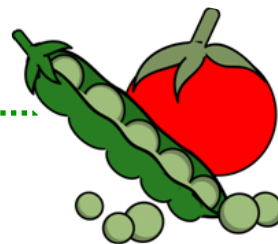
Tomatoes

There are many ways to enjoy tomatoes. Tomatoes can be eaten raw - like an apple. Cherry and grape tomatoes make fun finger food.

Tomato slices make an easy side dish. Just rinse, slice, and serve at lunch for a quick vegetable!

Chopped Tomatoes can be added to many of your favorite foods:

- ♥ Spaghetti sauce
- ♥ Macaroni and cheese
- ♥ Sprinkle on pizza before baking
- ♥ Add to your grilled cheese sandwich
- ♥ Stir into your vegetable soup
- ♥ Add on your cold sandwiches



What Can You Do?

- Eat vegetables with my child at most meals.
- Add chopped broccoli, spinach, or grated carrots to dishes when cooking.
- Make Tomato Bruschetta.
- Other: _____





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