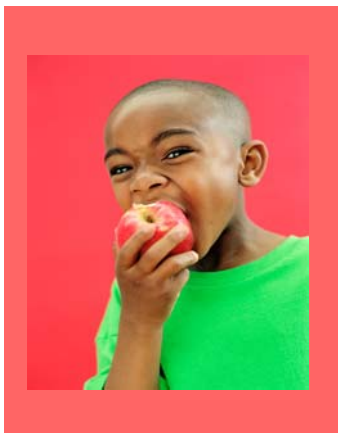
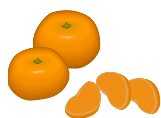


Tips for Getting Kids to Eat the Daily Recommended Portions

Getting Kids to Eat Their Fruits and Vegetables



It's important to teach kids about the importance of eating fruits and vegetables at an early age while their dietary habits are developing. By increasing the amounts of fruits and vegetables they eat, you can help reduce their risk of high blood pressure, heart disease, some cancers, and obesity. Here are some fun and creative ways to add fruits and vegetables into your child's meal. Remember, it may take ten or more tries before a child accepts something new, so stick with it!



Travel Tip Tips

- For convenience, pick up pre-packaged fruit slices or vegetables at your local grocery store. You can also buy peanut butter in a squeezable tube. It's great on apple slices or celery.
- Freeze grapes the night before so they are nice and cool for the trip. They make great bite-size snacks.
- Bring your own sandwiches and fresh fruit in a small cooler or a picnic basket.
- Pack single servings of pre-cut baby carrots, celery or bell peppers in re-sealable bags to snack on along the way.
- Keep an assortment of dried fruit handy for snacking instead of candy. It will satisfy your sweet tooth while providing disease-fighting antioxidants.
- Add on a side salad or fruit cup for an additional serving of fruits or vegetables to your meals.



Snacks

- Serve kids "Ants on a log," a popular combo of celery, peanut butter and raisins.
- Pack dried fruit instead of candy in their lunchboxes
- Buy colorful seasonal fruits. Let the child pick the different colors.
- Serve chopped veggies (like carrots, celery, and jicama) and a cup of low-fat dressing for a dipping snack.
- Pack their lunchbox with a cup of yogurt and fresh chopped fruit. Try adding granola, raisins, and other dried fruit.
- Serve them 100% fruit juice instead of sports drinks or soda.
- Use broccoli florets for trees, carrots and celery for flowers, cauliflower for clouds, and a yellow squash for a sun.
- Use fruits to include a message like "I" (banana) "Heart" (strawberry) and "U" (cantaloupe).
- For breakfast serve smiley-face flapjacks, use blueberries for eyes and sliced strawberries for the smile. If you are using frozen pancakes serve them with diced fruit.



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Funded by the USDA Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. Helping them buy nutritious food for a better diet. For more information about the California Food Stamp program call 1-800-952-5253.

Tips for Getting the Family to Eat the Daily Recommended Portions



- Have a smoothie for breakfast; it's a quick, easy way to boost your intake of fruits. Blend together frozen fruit, such as strawberries and bananas, and milk and/or 10% fruit juice. Almost any fruit makes a great smoothie; start with your favorites and branch out to new fruits and combinations.
- Try spreading fresh avocado with a little salt and pepper instead of butter or cream cheese. It's delicious and cuts down on saturated fats and calories
- Have a bowl of fruit and yogurt or cottage cheese, add a little bit of honey (see comments)
- Add fruits to cereal.



Fruit & Veg

Lunch



- A salad is a great option for lunch. Start with the greens (bagged greens are really convenient) then add fresh vegetables like celery, carrots and tomato.
- Add berries, citrus segments and avocados to a salad.
- Have a turkey sandwich. Try adding fresh strawberries and baby spinach, and a side of carrots and celery.
- Try spreading fresh avocado with a little salt and pepper. Add cottage cheese and tomatoes. It's delicious and cuts down on saturated fats and calories



Dinner

- Start the meal with a bowl of soup or a colorful salad.
- Include enough vegetables to cover half the plate with your favorite dishes like chicken.
- Switch from French fries to baked potato wedges lightly tossed with oil and your favorite dried herbs.
- Make dessert a fruit salad instead of a brownie.

Source: Produce for Better Health. [www: PFB\Dietary Guidelines\Serving Tips.doc](http://www.PFB\Dietary Guidelines\Serving Tips.doc)



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