## Make Nutrition Fun!

Kids may be hesitant to try new foods. Taste, texture, aroma and color can all affect a child's willingness to give new foods a chance. One way to encourage kids to try new fruits and vegetables is to get them involved and make it fun. Here's how:

Let your child pick out one new fruit and vegetable to try from the store. Children are more likely to eat food they choose for themselves. Cut up an assortment of colorful

produce and have kids design their own faces on a clean white plate. Snap a photo to hang

on the fridge before snacking! Hang a calendar on the fridge and award a sticker for each

new food tried. Ten stickers in a month earns a small prize. Get Involved



## Children learn behaviors from their parents and healthy habits

start at home. Model healthy eating for your child.

## Eat Right

- Plan healthy meals with children and let them help cook. Turn off the TV and sit at the table for meals.
- Eliminate the "clean plate" rule and emphasize moderation.
- Demonstrate personal enthusiasm in trying new foods.
- Stay Active

## Plan active family outings

- like hiking and biking. Ask for help with outdoor
- chores like car washing and leaf raking. Swap TV time for active games
- like hide and seek or tag.



## It's no secret that too many sweets can have harmful

consequences, but studies have shown that banning treats entirely only increases a child's desire for them and leads to overeating. Establish your own family dessert policy and keep these tips in mind: Eat Right Limit treats to 150 calories or less.

## ingredients.

**Important** 

Folate

Homemake your own desserts

Check labels carefully for simple

Mixed berries with yogurt

- with wholesome ingredients. Make fruit the star! Some sensible ideas are:
- Apple with caramel dip

Strawberries dipped in chocolate

Frozen banana "popsicle"

# Children Need Key Nutrients

### Nutrients: Sources:

Found in Fruits & Vegetables



Food

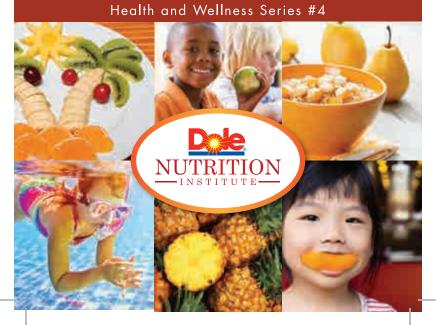


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# Ten Healthy **Snacks for Kids!**

Nutrition is vital to a child's health, development and performance in school and sports. Here are ten healthy snack ideas for growing kids:



## **Baked Veggie Chips**

Thinly slice carrots, turnips and beets; lightly coat with olive oil; bake at 400° F for about 30 minutes.



Combine raisins, almonds, cashews and other dried fruit or nuts. Portion out 1/4 cup servings.



# Fruit Smoothie

## Blend bananas and strawberries with low-fat

yogurt or almond milk. Serve in 8 oz. portions.



# Ants On a Log

Spread one tablespoon peanut or almond butter on a celery stick and top with raisins.



## Fruit Salad Mix pineapple chunks,

grapes, bananas, berries and other favorite fruits with lemon juice.



### Veggies and Dip Dip vegetables like carrots, celery, cauliflower

and radishes in hummus or low-fat ranch dressing.



## Prepare ¼ cup rolled oats with $V_2$ cup almond milk and top with fresh berries.

**Oatmeal** 



### Slice a small sweet potato into spears, dust with cinnamon, and bake at 400° F for

## about 30 minutes.

Sweet Potato "Fries"

Banana Popsicles Insert wooden sticks into peeled bananas, coat with



### vanilla yogurt, place on parchment paper, and freeze for an hour.

Fresh Fruit & Veggies For easy access to healthy

snacks keep a bowl of whole fruit on the countertop and washed grapes and cut veggies (i.e., carrots, celery) in the fridge.



Get Healthy! Collect all 10 of the series! Brought to you by the Dole Nutrition Institute. Your partner in healthy living.