

Sneak Fruits & Veggies into your Child's Diet!

Eating fruits and vegetables is very important for a healthy, balanced diet. But sometimes getting your children to eat them is a battle! Luckily, there are many easy ways to get them to eat more. Here are our favorites:

START THEIR DAY OFF RIGHT WITH A FRUIT SMOOTHIE. With a blender, yogurt, and fresh or frozen fruit, you can give your child 2-3 servings in minutes!

KEEP FRUITS & VEGGIES IN PLAIN VIEW. When people snack, they often reach for what is handy. Keep a bowl of fruit on the counter or store small baggies of veggies in the fridge within your child's reach.

PAIR PRODUCE WITH SOMETHING YOUR CHILD LOVES. Compromise! If your child won't eat plain celery, put peanut butter on it; serve carrots with ranch dressing. Ask your child what they would like to try.

HELP YOUR CHILDREN PLANT THEIR OWN GARDEN. This is a fun way to get them interested in where fruits and vegetables come from...and even willing to try more!

SET A GOOD EXAMPLE. If you have healthy snacking habits, they will rub off on your children! Introducing these early on can help develop a lifetime of healthy eating habits.

You can buy all kinds of tasty fruits and vegetables at today's Farmer's Market!



ANNA JAQUES HOSPITAL

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