

Tips for Healthy Eating: Help Your Child Eat More Fruits and Vegetables

Tips for Eating More Vegetables

- ◆ Set a good example for children by eating vegetables with meals and as snacks.
- ◆ Let children decide on the dinner vegetables or what goes into salads.
- ◆ Allow children to pick a new vegetable to try while shopping.
- ◆ Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.
- ◆ Make veggies fun! Make funny faces, animals, or letters with vegetables.



Tips for Eating More Fruits

- ◆ Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- ◆ Offer raisins or other dried fruits instead of candy.
- ◆ Pack a juice box (100% juice) in children's lunches instead of soda or other sugar-sweetened beverages.
- ◆ Look for and choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice in fast food restaurants.
- ◆ Depending on their age, children can help shop for, clean, peel, or cut up fruits and vegetables.



Adapted from USDA's MyPlate.gov fact sheets "Tips to help you eat fruits" and "Tips to help you eat vegetables." Created by AmeriCorps Member Amy Houser