

5 WAYS TO GET YOUR KIDS

TO EAT THEIR FRUITS & VEGGIES



BLEND THEM

Make your own smoothies

Mix 1 cup of low fat milk with the fruit of your choice (try 1/2 cup of strawberries and 1 banana) with a little bit of honey to sweeten.
Enjoy! Your delicious smoothie has 2 servings of fruit!



DIP THEM

Dip fresh fruit and veggies in dressing for a tasty snack

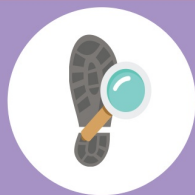
Cut up veggies and serve them with ranch dressing
OR
Dip fresh fruit into greek yogurt for a yummy dessert



COOK THEM

Cooking together encourages kids to try new things

Go to a farmer's market and pick out fresh fruit and veggies as a family
Let your kids help pick out the recipes you're going to make
Encourage kids to help you out in the kitchen.



HIDE THEM

Hide fruits and veggies into your family's favorite dishes

Add diced mushrooms and onions into your burger patties
Hide berries or grated apples in baked goods (like pancakes or muffins)
Add diced veggies to your chili or soup recipes



CHANGE THEM

Change up a few of your favorite meals by adding veggies!

Bake sweet potatoes with olive oil for a healthier french fry
Try cooking lasagna with sliced zucchini instead of noodles
Add vegetables like mushrooms or peppers to your favorite pizza



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