

EAT FRUITS & VEGETABLES

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DID YOU KNOW?

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So be colorful! Eat a rainbow of fruits and vegetables every day.

YOU CAN USE THE RAINBOW TO GUIDE YOUR FAMILY TO EAT A VARIETY OF THESE FOODS. **RED, ORANGE, YELLOW, GREEN, AND PURPLE!** START BY COUNTING THE DIFFERENT COLORS YOU EAT WITH EVERY SNACK AND MEAL.

Here are a few tips you can use to help your family “color” every meal:

MAKE UP FUN NAMES. For example, your child might think “power trees” taste better than broccoli, and “moon squirters” are more fun to eat than tomatoes.

BE A GOOD ROLE MODEL. Let your children see you eat vegetables.

ADD VEGETABLES TO MEALS YOUR KIDS ALREADY LIKE. Put colored peppers on their pizza, peas in their mac & cheese, or roasted vegetables in their spaghetti or tacos.

KEEP TRYING! Try veggies warm, cold, frozen, roasted, and make them into different shapes. Use a cookie cutter to make fun shapes.

What if your child refuses to eat any fruits or vegetables? Just continue to offer and re-offer the foods you want them to eat. You can make a “no, thank you bowl.” Then everyone has to take at least one bite before they can put their food in the bowl.



It's your job to provide healthful foods, and it's a child's responsibility to eat. **Please don't force your kids to eat.** Instead, give them time to choose what they eat from the healthful foods you put on their plate. Doing this will help them to have a good relationship with eating. **If they try the same food many times, eventually they will learn to like new fruits and veggies.**

LET KIDS PLAY WITH THEIR FOOD. A young child is more likely to eat a food if they have touched it and smelled it first. Let young kids squish and mash their food. Older kids can help by putting cut vegetables into the steamer, or they can choose vegetables when you are shopping. And everyone in the family can make art on their plates! Let kids arrange colorful veggies to make a face, rainbow, or animal.

CHEER YOUR CHILD ON! If you give your child happy attention each time they try a vegetable, they'll be more likely to eat them again. Tell them exactly what they did well, like: “I love the way you tasted your squash!”

It might not be easy at first. What if your child only eats red strawberries? Use this is a great opportunity to teach her about variety. You can say, “You ate red today; maybe now you can try a green cucumber.”

WHAT FRUITS & VEGETABLES DID I EAT THIS WEEK?

Write down what fruits & vegetables you ate this week.

FRUITS:

VEGETABLES:

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