

**Eating Smart & Moving More  
Celebrating Healthy Families**

## **Eating Smart**

# **Five Easy Ways to Get More Fruits and Vegetables in Kids**

Although fresh fruits and vegetable are always a tasty treat, they are just one of the five delicious ways to serve produce to children. All of the fabulous fruit and vegetable forms – fresh, frozen, dried, canned, and 100% juice – are packed with nutritious goodness.

### **Introduce fruits and veggies early and often.**

Savvy parents know that eating habits are established early. This is why they give kids a wide variety of fruits and vegetables during the first years of life. However, don't expect kids to like new items the first time you serve them. It actually takes up to seven to 15 exposures to a new food before kids want to eat it.

### **Be a fruit and veggie role model for your kids.**

Children take food cues from the adults around them. They will try – and eat – more fruits and vegetables when their parents, grandparents, babysitters and teachers are excitedly enjoying them. Pressuring or forcing kids to eat fruits and vegetables will have the opposite effect. They will actually eat less.

### **Always keep fruits and veggies handy for snacks.**

Bite-sized fruit and vegetable munchies are perfect for on-the-go snacks. They are low in calories and high in nutrients. There are fun options for every age. Kids love treats like small boxes of raisins, bags of dried fruit trail mix, celery sticks with peanut butter, cherry tomatoes, canned pineapple tidbits and frozen 100% fruit bars.

### **Allow kids to choose fruits and veggies themselves.**

Children like to have a choice, especially when it comes to food. They love to pick out their own fruit and vegetables at farmers' markets or in the produce section at the grocery store. Make it a game (*each person gets to choose a green vegetable today*) or a family project (*everyone gets to choose an item for the fruit salad*).

### **Explore fruit and veggie options for everyone.**

Having trouble finding fruits and vegetables that everyone likes? Visit [www.fruitsandveggiesnc.com/](http://www.fruitsandveggiesnc.com/) or [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). You will find great serving ideas, tips and information on produce. You will also find exciting ideas for fruits and vegetables you've always wanted to try, but never knew how to make!



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