

EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables per day.

Try these ideas with salad dressing or yogurt for dipping, or include a slice of cheese:

- ◆ Sweet peppers, cucumber slices, carrot sticks, cherry tomatoes, celery, broccoli or cauliflower
- ◆ Oranges, berries or cut-up fruit
- ◆ Apple, pear or banana slices packed with a teaspoon of lemon juice to keep them from going brown
- ◆ Kiwi cut in half with a spoon for scooping
- ◆ Chunks of watermelon or cantaloupe

Encourage your child to eat more vegetables and fruit:

- ◆ Eat plenty of vegetables and fruit. Children learn by watching you. They will be more willing to eat vegetables and fruit if they see you eating them.
- ◆ Involve children in buying and preparing vegetables and fruit.
- ◆ Cut and serve them in many ways. For example "ants on a log" – celery with hummus and raisins on top or celery and dip.
- ◆ Add dried or fresh fruit to breakfast cereals or yogurt, or make a fruit smoothie.
- ◆ Add extra vegetables to soups, casseroles and stews.
- ◆ Prepare vegetables in ways you have never tried before, e.g. use sweet potatoes and yams instead of potatoes to make great oven baked fries.
- ◆ Buy pre-cut vegetables and salads.
- ◆ Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack. Serve vegetables with different dips and sauces.
- ◆ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it. Never force children to eat. With time children will learn to eat what you eat.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/
- ◆ www.dietitians.ca
- ◆ www.actnowbc.ca