



Ten Ways To Get Your Child To *Eat Better*

1. Keep Healthy Snacks Within Reach

Cut up raw vegetables and keep them in a bag in the refrigerator. Keep easy-to-eat fresh fruit, such as apples, bananas and oranges, in a convenient place.

2. Start Working on 5 a Day In The Morning

To get a good start on that goal of five fruits and vegetables a day, add apple or banana chunks to the morning cold cereal, oatmeal or yogurt.

3. Another Great Way to Start Working on 5 a Day Early

Serve juice with breakfast, or keep fresh fruit available for kids to eat while waiting for the bus or walking to school.

4. Let Kids Do The Cooking

Kids love to cook and help fix meals. If your child helps make a meal he/she will be more willing to eat the food. Let your child put together a salad or a vegetable and fruit tray for dinner. Remember, the more colorful the fruits and vegetables, the better.

5. Use Low Fat Dips to Spice Up Raw Fruits and Vegetables

Kids love to dip foods, but not all dips have to be expensive and high in fat and calories. Try these great tasting "dips" : apple sauce, yogurt and cottage cheese.

6. Encourage Variety

Most kids will try anything once. If you give your child enough chances to try new foods, you'll usually find something he/she likes.

7. Fix Foods The Way Kids Like Them

Most kids like vegetables raw or cooked until just tender. If they don't like a certain kind of vegetable raw, try the vegetable steamed, grilled or boiled!

8. Serve New Foods One At A Time

When you're trying out new foods, make sure there are other foods that your child likes on the plate to go with the new food.

9. Serve Great-Tasting Desserts --Without The Fat And Calories

All kids love desserts, and they'll also love these ideas: fresh berries topped with yogurt instead of ice cream, air popped popcorn instead of cookies, dried fruit instead of candy.

10. Lead By Example!

If you set a good example with your own habits, your child will follow your lead.

P.S. A Bonus Way To Get Your Child To Eat Healthier

Plant a garden together in the Spring!

Bring your child with you and let him/her help choose which seeds to plant.

Let your child help you tend the garden through the seasons.

Planting the seeds, helping with the garden and harvesting the bounty, gives children a sense of ownership and pride in that they are able to grow their own food. This has been a tradition of many families around the world for as long as there has been gardens!

Or if you don't have room for a garden in your yard, see if there is a community garden in your area where families are allowed to plant and harvest the foods. If there is no such place in your area check with your local officials to find out how you can start one for your community. You will be doing a great service for others as well!

Another suggestion...maybe a family member or friend would be willing to let you use part of their yard.