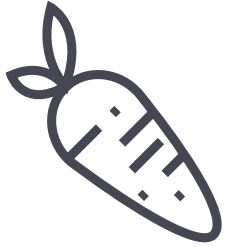




Vegetables



Vegetables provide many of the vitamins and minerals we need for good health. Veggies are naturally low in calories, and the fiber in them helps us feel full. And, as an extra bonus, you can eat as many as you want!

Serving Size

Children need 1 ½ – 2 ½ servings of vegetables per day, depending on their age and activity level.

1 serving is equal to:

- ◆ 1 cup of raw vegetables
- ◆ 1 cup cooked vegetables
- ◆ 1 cup vegetable juice
- ◆ 2 cups raw leafy greens

Choosing variety is important when it comes to vegetables:

Dark green vegetables (like broccoli, spinach, and kale) provide different nutrients from orange vegetables (like squash, carrots, and sweet potatoes). While fresh generally taste best, canned, dried, and frozen vegetables can be great alternatives. It's best to choose ones that have been packed in water or natural juice, rather than those with added sugar or salt.

How can you get your kids to eat more vegetables?

- ◆ Have chopped veggies in the refrigerator as a ready-to-go snack for you and the kids.
- ◆ Have your kids cut, slice and prepare their own veggies to experiment with different types of preparation.
- ◆ Try different dips for your raw veggies like hummus, tzatziki, mustards, nut butters or guacamole.
- ◆ Pack vegetable sticks in your child's lunchbox. Many kids like carrots and peppers.
- ◆ Try vegetable kebabs with your dinner
- ◆ Top your pizza with sliced mushrooms, green pepper, or onion.
- ◆ Add veggies to your eggs like a frittata, quiche or omelet.
- ◆ Shred veggies and bake them into morning muffins.



Add veggies to your stews, soups, pasta, and rice dishes.

- ◆ Try the same veggies raw, steamed, baked to see which your child likes best. For example, they may not like steamed broccoli, but love it raw.
- ◆ Try new veggies mixed into a dish or with other veggies. Then try them separate to see which they like better.
- ◆ Try to offer vegetables with most meals and snacks.

What can you try at home to get your kids to eat more vegetables?