

10 Tips on Getting Kids to Eat Their

Veggies

1 Set a good example

Let kids see you eating your veggies.



2 Shop with children

Let them help pick fresh produce to try.



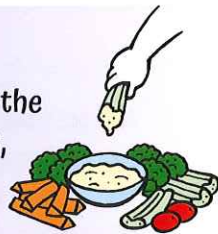
3 Involve children in mealtime

Let them choose which vegetable to have. Even toddlers can help with simple meal prep.



4 Dress up veggies

Try a little butter or cheese on the broccoli, dip carrots in hummus, or add a smear of peanut butter to celery.



5 Make it fun

Make up cute names. Cut into fun shapes.



6 Hide the veggies

Soup, casserole, muffins, pasta sauce and meatloaf can all hide a good dose of veggies.



7 Try the one-bite rule

If kids don't like it, try again in a few days, at a different meal, in a different way. It can take 10 or more tries for a child to be comfortable with a new food.



8 Don't pressure

Food battles don't work. Instead, offer veggies, encourage kids.



9 Keep it up

Offer veggies with each meal. Be consistent. Be persistent. Be patient.



10 Make meals about family time

Fights and battles create bad feelings about food. Make mealtime about sharing and talking.

