

# HELPING YOUR CHILD TO LIKE VEGETABLES AND FRUIT

**Your job is to put vegetables and fruit on the table. Your child's job is to eat what you offer or not.**

## Be creative:



Offer vegetables and fruit as snacks with salsa or low fat dressings.



Offer vegetables and fruit at each meal. Don't forget about breakfast!



Add vegetables to soups, sauces, casseroles, and rice.



Ask your kids to help you prepare vegetables for meals and snacks.



Limit chips, soda, and cookies, which compete with vegetables and fruit.



Frozen vegetables are fast, nutritious, and convenient.



Ask your kids to help you choose vegetables and fruit at the store.



Set out a bowl of vegetables and fruit on the table or counter.

**Let your kids see you enjoying eating a variety of fruits and vegetables.**

