

TIPS FOR GETTING KIDS TO EAT HEALTHY

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TAKE THEM SHOPPING



- Take your children grocery shopping with you! Bring them through the produce section, to the meat and seafood counters, and to the aisles where there are grains and beans.



GET THEM INVOLVED



- Let your children help prepare meals! They'll be excited to eat something they've made.



MAKE IT FUN



- Kids are drawn to anything colorful and fun! Use a wide variety of fruits and veggies to create colorful dishes. Get creative with plating- make silly faces, flowers, animals, shapes, and whatever you can think of!



BE PREPARED



- Have healthy snacks in sight! Keep a bowl of fresh fruit on the kitchen table, have veggies cut up and ready as an after school snack, or make yogurt parfaits for dessert.



KEEP TRYING



- Allow your child to try new foods a few times before saying they don't like it! Kids' taste buds are more sensitive than adults' are, so stronger flavors will take more adjusting to.



HAVE REGULAR FAMILY MEALS



- Lead by example! If your children see you enjoying healthy foods, they will be more willing to try it themselves.



BE CREATIVE



- If kids are simply uninterested in healthy foods- get creative and add them into dishes! Add spinach to smoothies, puree carrots and sweet potatoes and add to tomato sauce, and mix berries, flax seed, and wheat germ into pancakes.



HAVE VARIETY



- Having a good variety of foods available allows your child to have a say in what he or she is eating.



REWARDS/PUNISHMENT



- Do not use food as a reward or punishment! Saying no TV until your child has finished his veggies or taking away video games because he won't eat his greens will make him more resistant to eat them in the future.



FILL THEIR PLATE



- Follow the recommended dietary guidelines for creating healthy plates.



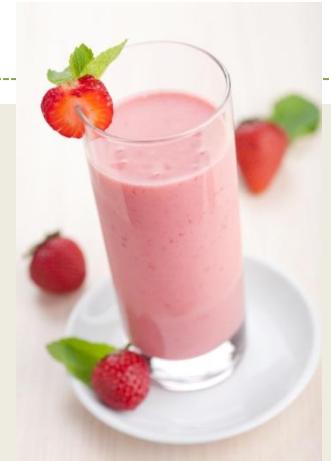
MORE HEALTHY IDEAS



- Fruit smoothies made with low-fat yogurt
- Dippers: vegetables and hummus, fruit and yogurt
- Fruit and veggie kabobs
- Whole wheat English muffin/bagel/pita pizzas
- Homemade Trail Mix: mixed nuts, dried fruit, whole grain cereals
- Create Bento Boxes for lunch
- Homemade granola bars
- Fruit and cheese plate
- Veggie wraps (whole wheat)



Quick Recipe Idea



Strawberry Smoothie or Popsicle

- Makes 3 to 4 smoothies, depending on serving size.
 - 1 6-ounce carton vanilla low-fat or fat-free yogurt
 - 3 cups sliced fresh strawberries
 - 1 medium banana, sliced
 - 4 to 8 ice cubes (Note: ice cubes chill and thicken the smoothie)
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1. Combine yogurt, strawberries, and banana in blender with the yogurt added first. Cover and blend until smooth; start at a lower speed and gradually increase the speed as the mixture starts to blend and become smooth.
 2. With the blender still running, drop ice cubes — one at a time — through the hole in the lid. Blend until smooth and desired thickness. Somewhere between 4 and 8 ice cubes should be about right, depending on the size of cubes.
 3. Serve immediately or freeze in popsicle molds to enjoy later.

Source: *Alice Henneman, MS, RD, Extension Educator UNL Extension in Lancaster County*

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Quick Recipe Idea



Berry Butterfly

- Blueberries and raspberries*
 - Low-fat cream cheese
 - ½ of a whole-wheat mini bagel
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- Spread cream cheese on bagel. Cut in half.
 - Have your child decorate with berries!
- *Cut berries in half to reduce choking hazard for young children*



Source:

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