

Family Nutrition Newsletter

February 2022



Eat Your Vegetables!

Parents know that their children need to eat fruit and vegetables everyday, but getting them to actually eat them can be a challenge. While some kids gobble them up, many protest; often resulting in battles or bribery from parents and caregivers.

Because children have more sensitive taste buds, vegetables especially can be one of the most difficult food groups to get them to eat. The bitterness found in some of the healthy green and colorful veggies can be overpowering. This sensitivity lessens as we age, but establishing a liking for vegetables early in childhood is important for lifelong healthy eating habits.



Here are a few ways you can help encourage your child to eat vegetables without making it a battle:

1

KEEP 'EM COMING

Being exposed to vegetables on a regular basis helps children become more familiar with them. This can increase the likelihood that they will eat them. Some kids can take 10-15 tries before accepting, so don't give up!



2

EAT YOUR VEGGIES TOO

Right now, **YOU** are one of the biggest role models for your child. If your children see you eating your vegetables, it increases the chances that they will too!



3

LET THEM CHOOSE

Provide your child with 2-3 vegetable options and let them choose which they would like in their lunch, as a snack, or at dinner.



Books can help!

Books are a great tool to help expose children to new vegetables without the pressure to actually eat them. This helps them feel more comfortable and reduces food waste. Using books should not replace serving vegetables, but can help reduce the number of times children may need to be served a new food before accepting it.

Here are some of our favorites:

Visual Books for Young Readers



Rah, Rah, Radishes: A Vegetable Chant by April Pulley Sayre

Go, Go, Grapes: A Fruit Chant by April Pulley Sayre

Let's Go Nuts! Seeds We Eat by April Pulley Sayre

Fruits in Suits by Jared Chapman

Mrs. Peanuckle's Fruit Alphabet by Mrs. Peanuckle and Jessie Ford

The Very Hungry Caterpillar by Eric Carle

Eating the Alphabet by Lois Ehlert

Books that Encourage Trying New Foods



Daniel Tries a New Food by Becky Friedman and Jason Fruchter

Tony Baroni Loves Macaroni by Marilyn Sadler

Monsters Don't Eat Broccoli by Barbara Jean Hicks

Bread and Jam for Frances by Russell Hoban

I Will Never Not Ever Eat a Tomato by Lauren Child

Green Eggs and Ham by Dr. Seuss

The Seven Silly Eaters by Mary Ann Hoberman and Marla Frazee