

## **Eight Ways to Get Your Kids to Eat Vegetables & Like Them**

- 1. Let kids have a say.** When shopping, let your children pick out the vegetables they want to eat.
- 2. Involve them in the preparation.** Ask the children to help prepare salads and vegetable dishes.
- 3. Grow your own vegetables.** You can grow vegetables in pots which makes it easier for children to participate in the gardening.
- 4. Make vegetables fun.** Make Ants on a Log (peanut butter or cream cheese with raisins on a celery stick) make snack time fun.
- 5. Be sneaky.** Add pureed carrots to spaghetti sauce, spinach to smoothies, mashed cauliflower instead of potatoes.
- 6. Be persistent.** It may take up to 20 times before a child acquires a taste for a new food. Keep trying.
- 7. Don't make it a food fight.** Encourage children to "try just one bite". Give them control over what they eat – to a point.
- 8. Model a love of vegetables.** The best way for you to get children to eat their vegetables is for you to do. Kids who see adults eating greens, tomatoes, broccoli and sweet potatoes are more likely to eat them too.