

# 5 WAYS TO GET YOUR KIDS

## TO EAT THEIR FRUITS & VEGGIES



### BLEND THEM

*Make your own smoothies*

Mix 1 cup of low fat milk with the fruit of your choice (try 1/2 cup of strawberries and 1 banana) with a little bit of honey to sweeten.  
Enjoy! Your delicious smoothie has 2 servings of fruit!



### DIP THEM

*Dip fresh fruit and veggies in dressing for a tasty snack*

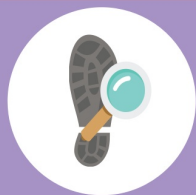
Cut up veggies and serve them with ranch dressing  
OR  
Dip fresh fruit into greek yogurt for a yummy dessert



### COOK THEM

*Cooking together encourages kids to try new things*

Go to a farmer's market and pick out fresh fruit and veggies as a family  
Let your kids help pick out the recipes you're going to make  
Encourage kids to help you out in the kitchen.



### HIDE THEM

*Hide fruits and veggies into your family's favorite dishes*

Add diced mushrooms and onions into your burger patties  
Hide berries or grated apples in baked goods (like pancakes or muffins)  
Add diced veggies to your chili or soup recipes



### CHANGE THEM

*Change up a few of your favorite meals by adding veggies!*

Bake sweet potatoes with olive oil for a healthier french fry  
Try cooking lasagna with sliced zucchini instead of noodles



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