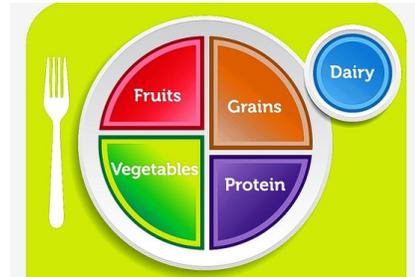




# TEN WAYS TO GET KIDS TO EAT THEIR VEGGIES



- AS A PARENT, YOU MIGHT LOOK AT THE GOVERNMENT'S NEW NUTRITION ICON AND THINK, "REALLY?" HALF THE PLATE IS FULL OF FRUITS AND VEGETABLES.
- THAT'S RIGHT - HALF OF WHAT YOUR CHILD EATS IS SUPPOSED TO BE FRUITS AND VEGETABLES. NOT HOT DOGS, NOT HAMBURGERS, NOT CHICKEN NUGGETS, BUT BROCCOLI, SQUASH, AND OTHER THINGS THAT COME FROM THE GROUND.
- STATISTICS SHOW KIDS AREN'T GETTING NEARLY ENOUGH FRUITS AND VEGGIES. THERE'S NO ONE WAY TO GET YOUR KIDS TO EAT MORE FRUITS AND VEGGIES, BUT HERE ARE ...

## TEN TIPS STRAIGHT FROM MOMS

### 1. GET THEM WHILE THEY'RE HUNGRY.

IF THEY'RE HUNGRY, THEY'LL EAT. BEFORE DINNER, SERVE AN APPETIZER OF COLORFUL VEGETABLES: CARROTS, CUCUMBERS, AND RED BELL PEPPERS, ALONG WITH A HUMMUS OR LOW-FAT SALAD DRESSING.

### 2. INSTITUTE THE "NO THANK YOU BITE" RULE.

TELL YOUR CHILD HE HAS TO TAKE A BITE BEFORE VETOING SOMETHING ON HIS PLATE. THE THOUGHT IS THAT AS LONG AS YOUR CHILD IS TASTING THE FOOD, HE OR SHE WILL EVENTUALLY GET COMFORTABLE WITH IT.

### 3. MAKE UP CUTE NAMES.

MARKETERS DO THIS, SO WHY SHOULDN'T YOU? ONE MOTHER STARTED CALLING BRUSSELS SPROUTS "HERO BUTTONS," HER KIDS COULDN'T GET ENOUGH OF THEM.

### 4. SHOP WITH YOUR KIDS.

LET THEM PICK OUT THE FRUITS AND VEGETABLES. LET THEM SMELL THE PRODUCE AND ADMIRE THE COLORS.

### 5. COOK WITH YOUR KIDS.

A FEW YEARS BACK, ONE MOTHER ASKED HER SON TO MAKE THE GREEN BEANS WHILE SHE WORKED ON OTHER DISHES - ADD BUTTER, SPRINKLE ON SOME SEASONINGS. AT DINNER TIME, HE INSISTED ON EATING THE GREEN BEANS BECAUSE HE MADE THEM.

### 6. HAVE A "VEGGIE NIGHT."

THIS WAY, THERE'S NO COMPETITION FROM OTHER TYPES OF FOODS. SERVE EDAMAME, HUMMUS WITH VEGGIES, MUSHROOM BURGERS WITH SWISS, ETC.

### 7. HIDE THE VEGGIES.

STEALTHILY SNEAK SOME PUREED VEGETABLES INTO EVERYTHING FROM TASTY SHRIMP DUMPLINGS TO QUESADILLAS.

### 8. MAKE FRUITS & VEGGIES THE EASY OPTION.

TAKE A TIP FROM THE GENIUSES WHO THOUGHT TO PUT POTATO CHIPS IN SINGLE-SERVING BAGS. STOCK A KID-ACCESSIBLE SHELF IN YOUR FRIDGE WITH LITTLE BAGS OF CUT FRUIT AND VEGGIES AND FRUIT CUPS.

### 9. LET THEM USE FUN GADGETS.

WHAT KID DOESN'T LOVE GADGETS? LET THEM USE A BLENDER, JUICER, AND FOOD PROCESSOR TO MAKE SMOOTHIES AND OTHER RECIPES WITH FRUITS AND VEGETABLES. USE PROPER SUPERVISION, OF COURSE.

### 10. BRIBE WITH DESSERT.

DIDN'T WANT TO FINISH WHAT WAS GOOD FOR THEM? NO PROBLEM - NO DESSERT. MAYBE NOT THE HEALTHIEST WAY TO GET THEM TO EAT VEGETABLES, BUT IT WORKS FOR SOME FAMILIES.

SOURCE: ELIZABETH COHEN, CNN SENIOR MEDICAL PRODUCER  
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