



SMART SHOPPER TIPS & RECIPES

Help! The Kids Won't Eat Their Vegetables!

Getting kids to eat their vegetables can be hard. Don't worry. Most children like some vegetables and usually like fruit. Canada's Food Guide to Healthy Eating recommends 5 to 10 servings of vegetables and fruit each day.

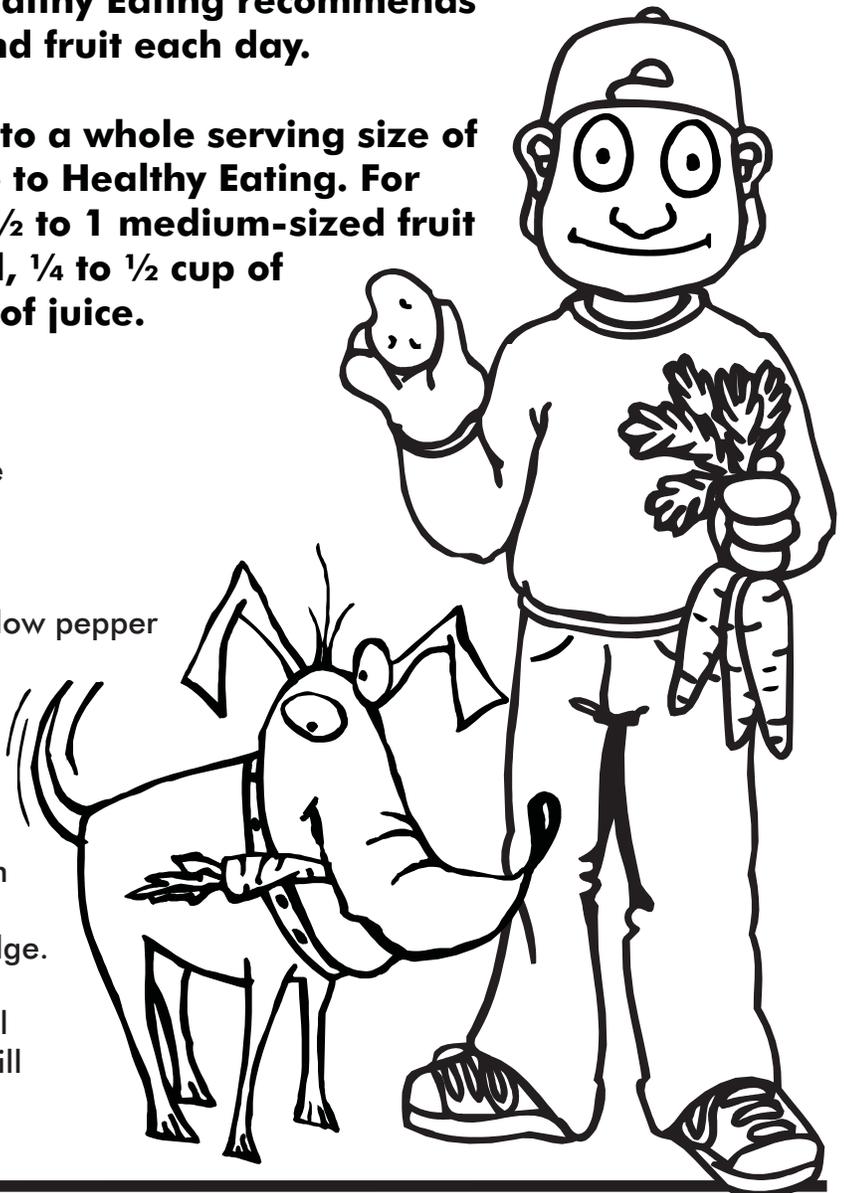
Your child may eat one-half size to a whole serving size of foods from Canada's Food Guide to Healthy Eating. For example, a child-size serving is $\frac{1}{2}$ to 1 medium-sized fruit or vegetable, $\frac{1}{2}$ to 1 cup of salad, $\frac{1}{4}$ to $\frac{1}{2}$ cup of cooked vegetable or $\frac{1}{4}$ to $\frac{1}{2}$ cup of juice.

Vegetable Roll

- 1 Tbsp spreadable "light" cream cheese
- 1 Tbsp low fat ranch dressing
- 1 - 10 " whole wheat flour tortilla
- 2 Tbsp grated carrot
- 2 Tbsp finely chopped green, red or yellow pepper
- 2 tsp finely chopped green onion
- 3 Tbsp finely chopped broccoli florets
- $\frac{1}{4}$ cup grated cheddar cheese

Directions

- 1) Combine cream cheese and dressing in a bowl. Stir. Spread the cream cheese mixture on the tortilla, almost to the edge.
- 2) Sprinkle with the last 5 ingredients. Roll up tightly and wrap in plastic wrap. Chill in the refrigerator.



Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables and fruit. For tips and practical suggestions, visit www.5to10aday.com

Here are a few ideas to help children get 5 servings a day.

- **Offer raw finger-food vegetables.** Kids may prefer uncooked vegetables. Offer low fat dips such as salsa or low fat plain yogourt. (For children under 4 years, offer cooked vegetables cut into bite-size pieces to prevent choking).
- **Steam, microwave or stir-fry vegetables.** Kids like the bright colour and crisp texture of vegetables.
- **Involve your child in choosing vegetables at the grocery store or farmers' market.**
- **Encourage your child to help prepare vegetables for eating and to help in the garden.**
- **Add vegetables to kid-favourites.** Mix peas in macaroni and cheese. Add shredded carrot to spaghetti sauce. Use plenty of vegetables on pizza. Add extra vegetables to soups.
- **Be a role model.** Eat and enjoy vegetables yourself.
- **Start a "Veggie Alphabet Club".** Try to taste vegetables from A to Z, and check off letters of the alphabet as you go.
- **Don't assume your child will always dislike vegetables.** Continue to offer vegetables. Some children take longer than others to feel comfortable with certain foods. Try not to make an issue of your child's dislikes. Simply try the food again at a later date.
- **Nothing Works?** Offer more fruits that are good sources of vitamins A and C. For example, canteloupe, nectarines, peaches, oranges and strawberries.

