

The Trick to Adding More Fruit and Veggies to Your Diet

I'm often asked how I learned to have a taste for healthy food. And honestly, there's no right answer to this question. I grew up and still have a diet that involves variety, as food and eating has always been a fun experience for me. Preparing meals for toddlers often presents a struggle that includes getting that same excitement of eating to translate over to my family. I often presented with the cold hard facts that sometimes they do NOT like a certain fruit or vegetable.

But let me tell you, once you find that one fruit or vegetable everyone devours, you'll likely find a few more to like and enjoy too. So here are a few tips to discovering your "chosen one" to start eating healthier:

Get acquainted with it.

Wash, peel, and maybe slice or dice. Your child may be more willing to eat sliced fruits and vegetables than whole ones.

Try preparing it a new way.

Did you know there is more than one way to enjoy food?! Broil, boil, roast, sauté, steam, fry, grill, bake, in a stir-fry, with a dip, in a sauce, or just leave them plain and raw.

Start slow and don't expect your family to like EVERYTHING.

It is going to take time and you don't want to overwhelm your child. Choose one or two fruits or vegetables to try a day or week and continue until you find something they like.

Lead by example and be open to trying something new.

Your child might not like what you like, so be open to trying new fruits and vegetables and ways to prepare them. Who knows, maybe you will find a new food you like!

Have your child choose what fruit or vegetable while grocery shopping.

Get your kids involved. Maybe they will think the process is more fun and exciting if they get a say in what they are eating.

Focus on a variety of colors and textures.

Make a colorful fruit salad or mixed vegetable side. Your kids will be more attracted to the colorful food and more willing to try them.



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