

Very Veggie

Eating a variety of vegetables is important for health.

Children need to eat at least 3 servings of vegetables every day.

Every vegetable provides different vitamins and minerals, so mix it up!



CHOOSE A VARIETY OF VEGETABLES FROM THE FOLLOWING GROUPS:

- 🍃 *Dark green veggies: broccoli, kale, spinach, asparagus, romaine lettuce, cabbage*
- 🍃 *Red and orange veggies: squash, carrots, tomatoes, red and orange bell pepper*
- 🍃 *Other veggies: avocado, celery, cucumbers, zucchini, green bell pepper, eggplant, cauliflower, onions*
- 🍃 *Starchy veggies: corn, sweet potatoes, white potatoes, green peas*

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HEALTHY TIPS

- 🍃 A diet rich in colorful vegetables is high in fiber, vitamin A, vitamin C, antioxidants, and folate.
- 🍃 Children are more likely to eat vegetables when they see their parents eating them.
- 🍃 Set a goal to see how many different vegetables your family can eat this week!
- 🍃 Fresh or frozen vegetables are great ways to help your family get balanced nutrition.
- 🍃 If buying canned vegetables, choose only low-sodium varieties.

TIPS FOR INTRODUCING NEW VEGETABLES:

EXPLORE: Let your child select a new fruit or veggie for everyone to try.

START SMALL: Introduce one food at a time, and offer 1-2 bites to start.

TIME IT RIGHT: Offer new foods when children have a good attitude. Serve them at the beginning of the meal when your child is hungry.

NAME IT: Give foods a fun name. Broccoli can be “little trees”!

SET AN EXAMPLE: If you like it, your child will usually like it, too.

KEEP TRYING: It can take up to 12 times before a child will like a new food, so don't give up. Try serving new veggies with a healthy dip, like low-fat dressing, hummus, or avocado.

PAIR IT: Serve new foods with familiar or favorite foods.