



TIPS FOR PARENTS AND CARERS

Getting Kids to Eat their Vegies

It can be hard to give kids the recommended 5 serves of vegies or salad each day. Here are some tips to help:

1. Be a role model

Kids are more likely to develop a habit of eating vegetables if they see it's a normal part of family meals.

2. Persevere

Some studies suggest that a child may need to try a food 8-15 times before it's accepted, as they go through phases. Try encouraging rather than demanding.

It's best to give younger children smaller amounts, like a couple of slices of carrot or a teaspoon of peas.

3. Include vegies in dishes

...like spaghetti bolognese and soups. Easy additions include grated carrots, zucchini and pumpkin.

4. Experiment

...with the way you present vegies. Sometimes the size or shape can make a big difference.

5. Grow your own vegies

They're sure to taste better and getting the kids involved will add interest.

Eating your Fruit and Vegies

Fruit and vegetables are a fantastic part of your diet. They are low in calories, high in nutrients and a great overall boost to your health. They are also a cost-effective

alternative to takeaways and ready-snacks. Your wallet will be happy too if you up your daily intake!

Baby steps – start where you are at and gradually add one or two more serves per day. If you are serving rice or pasta dish – don't forget your vegies. A simple side salad or chop some vegies and stir them through your pre-prepared sauce.

Try to make your fruit and veg part of your daily routine – taking a salad for lunch or having fruit for between meal snacks, is a great way to ensure you reach your daily intake.

A quick and easy vegies soup which you can have on standby in the fridge or freezer, is amazing when you're pushed for time.

When vegies are on special, buy in bulk; then blanch and freeze and they are an easy meal addition when needed.

Aim to make fruit and vegies a part of your daily cooking routine, this change to healthy eating can have positive effects in many parts of your life.

For more helpful tips for families, visit: www.healthyactivekids.com.au/families/