

Tips to Help Kids Eat Their Veggies

Adapted for those with inborn errors of metabolism by Monica A. Cengia, MEd, RD, LD, CDE, VitaFlo Dietitian

Getting children to eat vegetables can be a challenge. Here are a few tips to help your child get 4 to 6 servings of vegetables each day in a fun and positive way!

Make It Fun

Use color, shapes and different sizes to grab your child's attention and curiosity.

Start with these ideas...

- Create faces, boats, houses & other pictures using low protein bread, crackers, pita bread, or a bagel as the base. Spread with low protein cream cheese (plain, cream cheese, cheese wizard or herb garlic via www.cambrookefoods.com). Decorate with chopped veggies.
- Let them make their own robots, cars, faces, animals, etc. using toothpicks and a variety of veggies. Scoop creations into a vegetable dip or dressing.
- Make "ants on a log". Wash celery sticks, spread low protein cheese down the middle and top with raisins.
- Create a "veggie bowl". Simply hollow out a tomato, fresh peppers, acorn squash, baby pumpkin, or zucchini. Fill with veggies or other foods.
- Dip it! Kids love to "dip" finger foods. Good dip choices for veggies include salsa, ketchup, low protein cheese dip or ranch dressing.



Make It Visible

- Keep ready-to-eat vegetables such as baby carrots, celery sticks, cherry tomatoes, broccoli, radishes, sliced onions or red and green pepper sticks in the snack bin of the refrigerator.

Make It Simple

Preparing vegetables doesn't have to be a chore. Use canned, frozen, or pre-packed vegetables for quick and healthy meals or snacks.

- Add chopped broccoli, carrots, or frozen mixed veggies to cooked low protein rice or pasta.
- Top frozen low protein pizza crust with cooked frozen vegetables like chopped green peppers, spinach, onions, tomato bits and thin carrot strips.

Make It Interactive

- Take an adventure to the grocery store or farmer's market and let your child help you decide which ones they would like to eat. Plan and plant a garden together this summer!
- A child is more likely to eat what they help prepare. Children can help you measure, chop, and mix. Remember to use kitchen safety and always have an adult around to supervise when children are using appliances or knives.
- Laugh, have fun and enjoy your child – positive memories in the kitchen with parents and other special people will translate into more positive feelings about eating vegetables!