



... because health matters!

Nutrition Matters

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It's Not Easy Eating Green!

Everybody has a childhood story about sitting in front of a plate of uneaten vegetables. If there's one health message that is repeated over and over again it's that we should eat more vegetables. Some children enjoy all vegetables, while others have just a few favourites. What can parents do about those little green, yellow, orange and red things that are so hard to get some children to eat?

Crunch It!



raw

Slurp It!



drinks

Hide It!



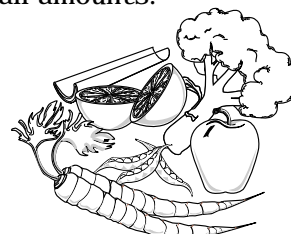
muffins

Tricks To Getting Kids To Eat

- Offer veggies when the child is hungry. We often serve vegetables suppertime. Try serving raw veggies before supper or right away when they get home from school.
- Serve small quantities. Try giving the child six little frozen peas. Some children like them better frozen.
- Likes and dislikes for some foods and textures change as children grow. If a child dislikes a food don't give up on it. Introduce the food, at a later date, in small quantities.
- Encourage children to taste a variety of vegetables. Hold a fun activity after school such as "The great vegetable challenge taste off". Have children rate the vegetables from favourite to least favourite.

My Child Just Won't Eat Any Vegetables. What Can Be Done?

- Model eating vegetables yourself. Eat with your children.
- Offer lots of fruits.
- Hide mashed up cooked carrots and green peppers in the spaghetti sauce.
- Purée a small amount of carrots and add them to applesauce.
- Make carrot muffins and banana bread frequently.
- Offer fruit and vegetable juices.
- Be patient ... keep introducing vegetables in small amounts.



Important Nutrients From Vegetables

The most important nutrients children get from vegetables are Vitamin C, folic acid, fibre and beta-carotene. Our bodies turn beta-carotene into Vitamin A.

If nothing has worked, try substituting food from other food groups to meet nutrient needs.

Key Nutrients We Get From Vegetables and Other Places To Get Them

<u>Nutrients</u>	<u>Vegetable Source</u>	<u>Non-Vegetable Source</u>
Vitamin A	Yellow/orange veggies, carrots, squash, dark green leafy veggies (spinach)	Cantaloupe, dried peaches, apricots, egg yolk, dairy products
Folate	Green leafy vegetables, broccoli, brussels sprouts, romaine lettuce	Oranges, orange juice, bananas, milk, wheat germ, enriched cereals, legumes (like kidney beans, pea soup, baked beans)
Vitamin C	Peppers, broccoli, potatoes, tomatoes	Citrus fruits, berries, juices
Fibre	Most vegetables	Fruits, legumes, whole grains

Vegetable Dip

½ c. yogurt 1 tsp. honey
¼ c. light mayonnaise 1 tbsp. ketchup
1 tbsp. grated onion **or** ½ tsp. curry
1 tsp. onion powder
1 small clove of garlic or 1 tsp. garlic powder

- 1) Mix all ingredients together and refrigerate.
- 2) Serve with washed, cut up raw veggies such as broccoli, carrots, cucumbers, celery, zucchini, turnip, cauliflower or beans.

Recipe Credit: Susan Hubay

Orange Julep

4 c. unsweetened orange juice
1/3 c. vanilla yogurt
6 ice cubes

Put all ingredients in a blender and blend until smooth and frothy. Serves 6.

Veggies/Fruit Faces

1 carrot sliced
1 celery stick chopped
½ tsp. peanut butter
2 crackers

Have child decorate crackers and enjoy!

Source: John Hoffman, "It's Not Easy Eating Green", Today's Parent, September 1997.