

Fruits

Eating fruits is a healthy lifestyle habit that can help to decrease your risk for chronic disease. Fruits contain fibre, antioxidants, minerals and vitamins. Fruits also contain natural sugars. For those of us with insulin resistance, diabetes and high triglycerides, fruits are still a healthy choice. What matters is the amount of fruits eaten at one time that is important.

Monkey see, monkey do

Children learn by what they see. You are their role model. If you eat fruits, then they are more likely to eat fruits.

- Place fruits on both child and parents plates at meals and snacks.
- React to new fruits in a curious and fun manner. This will influence how willing your child will be to new foods.
- Provide opportunities for your child to pick out a new fruit at the supermarket.
- Let children help with meal and snack preparation and cooking.
- Cut into bite size pieces.

It's the season

- Buy fruits when in season.
- Pick local fruits such as berries when they are ripe.
- Grow your own – involve your children when deciding what to plant.



Attention please

Eating mindfully allows your family to enjoy each other and their foods.

- Eat meals and snacks at the kitchen table or dining room table.
- Turn off all electronics. This includes the TV, cell phone, Ipads and computers.
- Set a pleasant mood whenever possible.
- Share stories and have fun.

Again, Again, Again

Children often have to taste foods several times before their taste buds recognize and became familiar with that “new” taste.

- Offer one new fruit at a time.
- Start with smaller portions of new fruit.
- Offer a new fruit with a child's favorite foods. They may be more likely to try and eat it.

- Dip it! Children love to dip their fruits. Offer small portions of yogurts, dark chocolate or other dips for fruit.

Pack and snack 'em

Most adults and children fall short on the recommended servings of vegetables and fruits per day. In order to meet these requirements, it is vital to offer fruit for snacks and with meals.

- Offer fruits in fun shapes.
- Use cookie cutters for special occasions.
- Make a fruit pizza.
- Cut in smaller, bit size pieces for safety.
- Grill, bake, raw, or frozen. Try them all and find out which ways your child prefers.
- Include fruit in recipes, baked goods, salads, and smoothies when you can.
- Fresh, frozen and canned are healthy fruit options.



