

Vegetables

Eating vegetables is a healthy lifestyle habit that can help to decrease your risk for chronic disease. Vegetables contain fibre, antioxidants, minerals and vitamins. Most vegetables are low in natural sugars. For those of us with insulin resistance, diabetes and high triglycerides, vegetables are a healthy way to add colour, crunch and taste to our meals and snacks.

Monkey see, monkey do

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

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



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, I pads 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 become familiar with that “new” taste.

- Offer one new vegetable at a time.
- Start with smaller portions of new vegetables.
- Offer a new vegetable with a child’s favorite foods. They may be more likely to try and eat it.
- Dip it! Children love to dip their vegetables. Offer small portions of dressings, yogurts and cheese with vegetables.

Pack and snack 'em

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

- Offer vegetables in fun shapes.
- Use cookie cutters for special occasions.
- Make a vegetable pizza.
- Cut into smaller, bit size pieces for safety.
- Grill, bake, raw, or frozen - try them all and find out which ones your child prefers.
- Include vegetables in recipes, baked goods, soups, stews and casseroles whenever you can.
- Fresh, frozen and canned are healthy vegetable options.

It's the season

- Buy vegetables when in season.
- Pick-up vegetables at your local farmer's market.
- Grow your own – involve your children when deciding what to plant.



I beat my record!

Children – you can track all of the vegetables you have tried. Try the chart below. When you eat a vegetable, colour in the square or put a sticker on the chart to keep track of how many times you have tried it. Write down anything you did that you liked such as using a dip, mixing with another food, freezing it.

Vegetable Name	Number of times I have eaten vegetables				Tips that helped me eat vegetables

