



A Nutrition Resource



TIPS FOR SELECTIVE EATERS

Eating more vegetables

Do you want everyone in your house to eat vegetables? Try one or more of the following ideas, but never force anyone to taste the vegetable. Eating should be a pleasant experience. Remember to set a good example by eating vegetables yourself!

- Serve vegetables attractively, for example, broccoli trees. Or have kids make "salad faces" using various vegetables for the eyes, nose, mouth, ears, and hair.
- Don't overcook vegetables - they should be crisp, not mushy.
- Serve one vegetable at a time instead of mixed vegetables.
- Serve a favorite food with a vegetable on the side. People are more likely to eat vegetables if their favorite food is also offered.
- Serve a favorite food with added vegetables. Try different vegetables on pizza, in omelets, or in scrambled eggs. Be creative!
- Have the selective eater help choose the vegetables at the store and prepare the vegetables at home. People are more likely to eat vegetables if they helped prepare them.
- Serve vegetables when the selective eater is hungriest. For example, for an afterschool snack. Don't get discouraged; you may need to offer a new food 15, 20, or even dozens of times before a selective eater tries it. In the meantime, keep offering vegetables at meal and snack time!



You never know what might work for the selective eater, plus the rest of your family will get more vegetables in their diet!

- Add chopped or mashed vegetables to quick breads, casseroles, or sauces. For example, add grated carrots to spaghetti sauce or make zucchini bread.
- Add vegetables to sandwiches. For example, add grated carrot to peanut butter sandwiches or add lettuce, tomato, or cucumber slices to other sandwiches.
- Serve vegetables raw with a favorite dip, hummus, salsa, or dressing.
- Serve cooked vegetables with a cheese sauce. Or just with cheese sprinkled on top.
- Add vegetables such as zucchini, carrots, broccoli, or bell peppers to pasta dishes.
- Keep a bowl or container of raw veggies (cleaned and cut into pieces) in the refrigerator, ready for nibbling.
- Broaden your vegetable menu beyond favorite standbys. Try Brussels sprouts, parsnips, beets, bok choy, sweet potatoes, and winter squashes such as spaghetti squash, butternut squash, and acorn squash.

Add vegetables to everyday meals

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Vegetables are important!

Vegetables are full of nutrients and fiber and usually low in fat and calories. Vegetables make you feel great, give you vitamins and minerals, and lower your chance of getting some types of cancer and heart disease. For good health, most people need 2½ to 3 cups of vegetables each day. What if your selective eater is not eating the recommended amount of vegetables? Don't worry, if you continue to serve vegetables in fun ways, set a good example, and involve the selective eater in food choice and preparation, your child will probably eat vegetables eventually!

Groovy Green Smoothie

Yield: 2 Servings | Serving Size: 1 1/2 cups

- 1 banana, cut in chunks
- 6 ounces low-fat vanilla yogurt
- 1½ cups fresh or frozen spinach leaves
- 1 cup orange juice

Place ingredients in blender; blend until smooth.

Tip: Frozen banana will make the smoothie thicker.

Skinny French Fries

Yield: 8 Servings | Serving Size: 3/4 Cup

- 4 medium potatoes, cut into strips
- 1 Tablespoon vegetable oil
- Salt and pepper to taste

- 1) Preheat oven to 450°F.
- 2) Cut potatoes and pat dry on towels. (The less water on the potatoes, the crispier they will be.)
- 3) Put potatoes in a bowl and toss with oil and seasonings. Spread strips of potatoes in one layer on 9 x 13-inch pan or pans.
- 4) Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently.

Tip: Sweet potatoes are a tasty substitute in this recipe - and a healthy one too!

Nutrition Facts	
2 servings per container	
Serving size	1.5 cups (311g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 2mg	10%
Potassium 433mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
8 servings per container	
Serving size	3/4 cup (76g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D --mcg	--%
Calcium 10mg	0%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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