Hi — It’s me, your busy toddler! Have you noticed? I am learning all the time. Teach me my colors by serving a rainbow of vegetables. Offer them to me at least 3 times a day.

Let me see you eat veggies, too. You are my role model for everything. You’re the best!

Thank you for taking such good care of me! I love you!

Let's try something new!
How much vegetables should I eat?

• Offer me veggies 3 times a day.
• Offer me about 1/2 cup to 1 cup of veggies a day.

I don’t eat much at a time, so offer me veggies at lunch, supper, and as part of snacks. At my age, a snack is like a little meal.

Tips on feeding me vegetables

Teach me my colors!
Offer me a rainbow of veggies.

Some of my favorite colors are:
- squash
- sweet potatoes
- carrots
- green beans
- peas
- broccoli
- tomatoes
- beets

Colorful vegetables help keep me healthy.
• They help me fight colds and infections.
• They help me have regular bowel movements.
• They help me grow and glow!

When I’m healthy:
• I am happier.
• I learn better.
• I behave better.
• I am more pleasant to be around.

Ideas for meals & snacks

Quick for lunch
• vegetable soup – or add a handful of frozen mixed veggies to any soup
• shredded carrot salad
• english muffin pizza topped with veggies
• bell pepper strips

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Pick a vegetable snack
• cherry tomatoes, cut in half
• thawed frozen peas
• raw zucchini strips
• canned chick peas or black beans
• leftover cooked carrots or green beans

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Time for dinner.
Let’s have...
• chopped broccoli
• sweet potato pieces
• mashed squash
• creamed spinach
• cooked beets

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