

# vegetables & fruits: give me more

# vegetables & fruits

ages 3 & 4 years

**Breakfast** Add fruit to cereal or yogurt, or make a veggie omelet



**Snack** Offer bite-size pieces of fruits or vegetables to munch on

**Lunch** Serve vegetable soup or reheat leftover vegetables

**Snack** Mix up a fruit smoothie ... or offer a small cup of vegetable juice

**Dinner** Prepare two vegetables to have with dinner and a fruit for dessert



Let's try something new:

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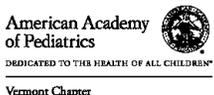
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Thank you for taking such good care of me! I love you!



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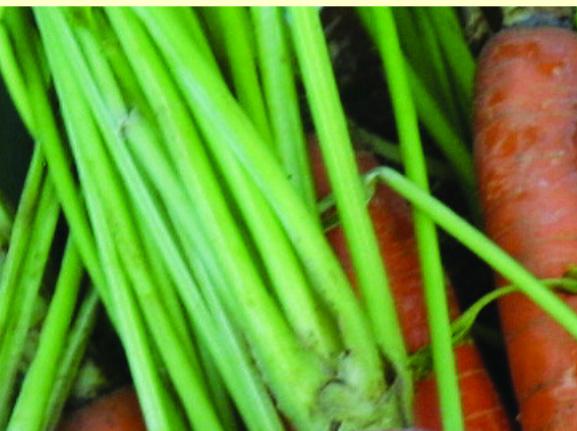


Hi – It's me, your "can do" preschooler. Have you noticed? I'm trying hard to be the best eater I can be. I'm more likely to try new vegetables and fruits when I can help choose them. I can do other jobs now too, like washing apples and making salads. I want to be just like you. You're the best!

# vary my veggies



Let's choose a variety of colors, textures and tastes, and see how many we like. I may refuse some of them now, but later I could change my mind. I'm sure you like more vegetables now than you did as a kid!



## Vegetable tips

I'm not always sure about vegetables. I need your encouragement to try them.

- Show me that you enjoy vegetables – I'm such a copycat!
- Let me help choose and cook our veggies – I'll be more likely to eat them.
- At dinner offer me at least one small bite of each vegetable – but don't force me to eat anything I don't want.
- Give me healthy options; I might try the broccoli if you let me sprinkle a little grated cheese on it.
- I may prefer cut-up raw or lightly steamed vegetables. They look and taste better to me.
- Don't give up! My tastes are changing all the time.

# focus on fruits



## Fruits are some of my favorite treats.

Let's keep a bowl of whole fruits on the counter, and cut-up pieces of fruit in the refrigerator. That way we'll always have them handy for meals and snacks.

Color my world with purple grapes, blueberries, green kiwi, yellow bananas, orange cantaloupe, pink grapefruit, red watermelon ...

I still love juice – make sure mine is 100% fruit juice. A half-cup (4 ounces) each day is all I need.

Aim for offering me a total of 1 to 2 cups of vegetables and 1 to 1-1/2 cups of fruit daily. Let's buy fresh vegetables and fruits in season. They cost less and taste better. For variety we can add frozen or canned choices that do not have salt or sugar added.



## I can do it – with a little help from you!

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|--------------------------------|---|
| <b>In the store:</b>           | Let me choose oranges, weigh sweet potatoes, select green peppers |
| <b>At the farmers' market:</b> | Let me bag broccoli, count ears of corn, taste tomatoes           |
| <b>In the kitchen:</b>         | Let me wash spinach, cut up cucumbers, tear lettuce               |
| <b>In the garden:</b>          | Let me plant beans, water zucchini, pick peas                     |
| <b>At the orchard:</b>         | Let me pick berries and apples                                    |