

Healthy Lifestyles – Marshfield Area Coalition’s Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

Encourage Your Kids to Eat Fruits and Vegetables

Do your children eat fruits and vegetables? The following tips might help.

Let them decide. Offer two or three fruit or vegetable choices at each snack or meal. Choosing between orange juice and pineapple juice for breakfast or between baby carrots or green beans for lunch allows kids to make choices. Ask your child to pick the fruits and vegetables for a meal. It’s tried and true, kids are more likely to eat what they’ve chosen.

It’s all in the presentation. Offer fruits and vegetables in fun bowls or cups. Cut up pieces of fruits and vegetables in shapes and allow your children to make a funny face with them on a plate.



Let them help. Children are more likely to try something they've helped prepare. Have them help find new recipes to try. Check out cookbooks at the library. Once your child finds a recipe to try, have him or her develop a grocery-shopping list and enjoy making it together.

Make them available. Consider adding a fruit bowl to the middle of your kitchen table. Fill it with apples and bananas. Make it easy for your child to grab a small, pre-cut container or sip-lock bag of watermelon, grapes, carrots or broccoli from the refrigerator.



Add them to other foods. Adding fruits and vegetables to favorite foods is an easy way to get a child to eat more fruits and vegetables. Put sliced bananas on top of cereal. Add slices of green and red pepper to cheese pizza. Make strawberry milk shakes with frozen strawberries, low fat frozen yogurt and milk. Put some shredded carrots and lettuce on a turkey sandwich. Add carrot 'coins' to chicken noodle soup. Put slices of tomato inside cheese quesadillas. Add pureed red peppers and zucchini to spaghetti sauce. The possibilities are endless.

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To view article visit our Web site at www.marshfieldhealthylifestyles.org.
For more information about the Coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.