

But my kid won't eat vegetables!

Parents decide what food to serve; Kids decide how much to eat.

Here are some tips for encouraging healthy foods like vegetables!

- ❑ Present the food over and over again – persistence usually pays off
 - Studies show that kids need to try a new food FIFTEEN times before they learn to like it
- ❑ Ask your child (once old enough) to help prepare meals, especially the vegetables
- ❑ Add vegetables to pasta, soup or meat loaf
- ❑ Offer raw vegetables
- ❑ Offer vegetables served with yogurt dip
- ❑ Bring your child to the salad bar at restaurants to expose him to vegetables you may not have at home
- ❑ Serve as a role model
 - Eat your vegetables
 - Serve vegetables as part of every lunch and dinner
 - Include a fruit or vegetable as part of every snack

What about dessert?

It is never necessary or helpful to forbid dessert. Here are some tips:

- ❑ Save rich treats like ice cream for special days
- ❑ Introduce healthier desserts like strawberries or angel food cake
- ❑ Serve small portions of junk food; two cookies instead of ten, one scoop instead of two....