
PICKY EATERS

Help boost the nutrient content of their meals – without a fight!

Whole Grain Presentation Tip:

Another way to bring healthy foods into an eating pattern while keeping them under the radar is to serve platters of fruits and vegetables for snacks during video gaming sessions, family board games, sports games, hanging out by the pool, etc.

Just having them available often means that kids will grab them when they're hungry!

One of my favorite ways to implement this strategy is to set out a bucket of fruits and veggies on ice instead of sodas.

Water can be presented, too!

After all, the more physical activity they do, the more of these things they will eat!

Sneaking In Nutrients:

When it comes to sneaking healthy elements into foods kids like, you don't need to be dishonest. Just present the food with a twist (but without comment) and see what happens. Some of my favorite ways to give foods a boost include adding...

- Cauliflower to mashed potatoes
- Stew veggies to meatloaf
- Pureed broccoli to spaghetti sauce

These kinds of shifts are good for the whole family because you are fortifying all of your meals with more veggies.

