

Eating More Fruits and Vegetables

Are you in a fruit and vegetable slump? It's easy to get stuck eating the same things over and over. Green salad, tomatoes, carrots. Apples, bananas, grapes. Sound familiar? It may be time to mix things up!

Make your own salad bar. Buy at least two kinds of salad greens (baby spinach and romaine, for example) and an assortment of other raw veggies. If time is an issue, go with pre-washed, pre-cut items. Every night at dinner, bring out the assortment of greens and veggies and let everyone make their own salad.

Roast and grill. The pickiest of eaters become veggie-lovers when they try something like oven-roasted Brussels sprouts or grilled fresh asparagus. Roasting and grilling bring out flavors and textures that raw or steamed vegetables just don't offer.

Embrace the exotic. While we usually recommend that you buy local produce that's in season, there's a world of produce out there (like cardoon!). Trying something more exotic once in awhile won't hurt. Ask the produce manager where you shop to point you toward unique items. Stop by ethnic grocery stores to see what they offer. Where I live, there's a huge grocery store that carries an endless array of fruits and vegetables from all over the world. Take a short "field trip" and bring home something new to try.

Find fancier frozen veggies. If your freezer is full of peas, carrots, and corn, branch out to other vegetables! Again, this is where an ethnic grocery store comes in handy. They might have things you don't usually serve. Some

Kids in a Slump? Getting Your Kids to Eat More Fruits & Veggies

We asked Lisa Andrews, a registered dietitian and mother of two, how she gets kids to eat more produce. Here are a few of her tips:

1. Take your kids when you buy food.

While most parents cringe at the idea, it's important for kids to know where their food comes from. Take them to farmer's markets and have them help select beans, tomatoes, corn, peaches and other seasonal fruits and vegetables. They may be more likely to try it if they picked it themselves.

2. Invite your kids to help you cook. Kids can clean and snap beans or rinse fruit to be served. This may help them become more confident in the kitchen and more likely to eat food they have prepared themselves.

3. Don't force food. Encourage your child to try one bite to see if he/she likes it. Don't reward with treats as it may set up emotional eating later, or your child may feel obligated to eat the new food just to get to dessert.

You can find more from Lisa at www.SoundBitesNutrition.com. Look for her on Facebook (<https://www.facebook.com/soundbitesnutritionllc>) and Twitter (@nutrigirl).

specialty stores, like Trader Joe's, have items like frozen grilled cauliflower. Give these new tastes a try!

Get out of your fruit and veggie slump today by trying something new!

By Hollis Bass, MEd, RD, LD

BROUGHT TO YOU BY: