



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Tips for Healthy Nutrition

The following tips may help your child enjoy vegetables:

- 🍏 Don't overcook vegetables; kids usually like them crunchy – not soft
- 🍏 Try serving strong flavored vegetables with cheese or sauce
- 🍏 Kids often like raw vegetables with dip
- 🍏 Set a good example by eating vegetables yourself
- 🍏 Offer vegetables prepared in a variety of ways – cooked, baked, grilled or raw
- 🍏 Try different vegetables such as sweet potatoes instead of white potatoes
- 🍏 Provide a dark green (spinach, broccoli) or dark yellow (carrots, sweet potatoes) vegetable at least every other day



The following snack tips will help you provide a healthy diet:

- 🍏 Plan snacks as part of the daily food plan for your child
- 🍏 When shopping, let your child choose fruit and vegetables; they will be more interested in eating them
- 🍏 Set aside a “snack spot” in the refrigerator and cupboard; keep it stocked with healthy ready-to-eat snacks
- 🍏 Wash fruits and vegetables shortly after shopping for the “snack spot” so they are ready to grab
- 🍏 Offer snacks at regular times, such as mid-morning and mid-afternoon. Don't let children nibble constantly during the day
- 🍏 Avoid high sugar, fatty and salty snacks such as candy and soda pop
- 🍏 Introduce new foods at snack time. Include a game or activity to learn about a new food, let your child help fix it
- 🍏 Plan snacks to help meet the suggested number of servings per day from the Food Guide Pyramid: 6 to 11 servings bread, cereal, rice and pasta; 2-4 serving fruits; 3-5 servings milk cheese and yogurt; and 2-3 servings meat, poultry fish eggs, nuts and dry beans.
- 🍏 Never offer foods as a reward for good behavior.



Resources: Food for Thought, Ideas for Parents of Preschoolers, University of Illinois Extension. Retrieved August 20, 2009 from <http://urbanext.illinois.edu/foodforthought/0211.html>
MyPyramid for Preschoolers, available at <http://www.mypyramid.gov/preschoolers/index.html>
For additional information on Early Childhood topics: AOK webpage, http://www.kanehealth.com/aok_education.htm

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