



9 Ways to Get Your Kids to

EAT THEIR VEGETABLES

Lead by example

Goes without saying, my friends; our kids see what we do. If you are a salad kinda girl, your kids are watching what you are eating, just the same as if you're downing a Diet Coke daily. Do both yourself AND your kids a favor by setting a good example.

Make a board

This is by far my favorite way to offer vegetables. There's something fun about having choices, and the colors are enticing, too. Plus the creations are endless! Take it up a notch by getting your kids involved in creating them. I have lots of ideas for these on my Instagram page! (@easyrealfood)



Prepare them in various ways

Just because he doesn't like it raw doesn't mean he won't like it cooked. Try various ways of preparation and see what clicks. It's okay if they only like it one way. The way that I see it, eating raw spinach but not liking cooked spinach still means that they are eating spinach! And perhaps over time his preference will open up/change. Think: roasting, sautéing, steaming, baking or serving raw.

The "one bite" rule

My 12 year-old doesn't like cherry tomatoes; never has. But every time I serve them, she tries one just to see if her tastes have changed. One, and just one. I'll never force my kids to eat a bunch of something, but I do ask for them to try just one bite. Sometimes they are surprised!

Just say no to "kid food"

Why shouldn't our kids be able to reap the same benefits that we do? Don't assume that they won't like it ... you know the saying about assuming, right? ;)

No you don't have to give them just nuggets and fries. Try with the kale salad and salmon and keep trying. Consistency is key!



Make a salad bar

Encouraging choices is always a good thing. I like to make a salad bar for my kids; put out greens along with other veggies, beans, nuts, seeds, cheeses, dressing, etc. Have them come up with their own combination. Who can make the best one?! Mom tip: croutons are always exciting to kids. So long as their bowl is not full of only croutons, why not?

Get them involved

I know you've heard it, but I swear it helps. Have them come with you to grocery shop; ask them to help wash and/or cut the produce. Getting them involved gets them connected; it helps them to learn about the produce and to gain interest in it, too. While you are prepping together, encourage trying some - you may just want to have some dip handy "accidentally," wink-wink.

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EASY *real* FOOD

Bring out that dip

Kids aren't the only ones who prefer veggies dipped; I know many adults are the same. There's no rule that says they must eat it plain and raw, so why not offer a variety of dips (honey mixed with mustard is simple and tasty), guacamole and hummus are easy and nutritious options. Why not put them all out and see which one they like best? Or make a dip recipe together and try it!

Don't give up!

Did you know that it sometimes takes trying a new food 9 times before you decide that you like it? This goes for kids and adults alike. So just because she turns her nose up at it once doesn't mean that it's a forever thing. Keep on trying!

Make sure to keep following easyrealfood.com for more ideas on incorporating easy, real food recipes (including veggies!) into your kids' meals.

