

10 tips to help your child eat healthy

Children can be picky eaters but, with a little help, they can learn to try more foods. Use these tips to turn “I don’t like that” into “Yum, I want more!”

1. **Be a good example.** If you want your child to eat vegetables, make sure you seem excited about eating them!
2. **Play off their interests.** Work your child’s favorite characters into mealtime. Do these characters eat fruits or veggies?
3. **Have a no-phone zone.** Eat together at the table. Talk about your day without distractions like phones and computers.
4. **Use dips and spreads.** Pique your child’s interest with dippable options. A little ketchup or ranch dressing can make a world of difference.
5. **Let them get hungry.** Serve a healthy snack between meals—but remember that kids are more likely to try new foods if they are hungry.
6. **Make it pretty.** Use a spiralizer or another tool to cut fruits and veggies into fun shapes.
7. **Offer it again. And again.** Keep giving your child the chance to try new foods. One day, your efforts will pay off.
8. **Let them help.** Get your child excited to mix, measure, or help with age-appropriate cooking tasks.
9. **Give them choices.** Offer several veggie options when deciding what to make for dinner. Let your child choose which one you make.
10. **Keep the conversation pleasant.** Try to avoid making comments about your child’s eating habits. Focus on positive things to help make mealtime enjoyable for everyone.

Get more tips and find recipes

Visit www.upmcmymyhealthmatters.com and search “healthy eating.”

Check out the back of this flier for healthy recipes you can prepare with your child.



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Try these child-friendly recipes

Carrot fries

Recipe ingredients:

- 2 lbs. carrots
- 2 tsp. olive oil or vegetable oil
- 1 tsp. salt
- 1 tsp. pepper

Recipe steps:

Preheat the oven to 400 F. Line a baking sheet with foil. Peel the carrots, cut off the ends, then cut the carrots into thin, 2-inch-long sticks. In a large bowl, toss the carrots with the oil, salt, and pepper until coated. Spread the carrot sticks on the baking sheet in a single layer. Bake for 15 to 20 minutes until they begin to brown.

Serves 6.

Approximate nutrition information per

serving (no toppings): 75 calories, 2 grams of fat, 14 grams of carbohydrates, 1 gram of protein

Recipe by www.upmcmymyhealthmatters.com.



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ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-650-8762 (телетайп: 711).

Banana split oatmeal

Recipe ingredients:

- 1/3 cup oatmeal (dry, quick cooking)
- 1/8 tsp. salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (nonfat)

Recipe steps:

In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again. Microwave an additional 30 to 60 seconds on high power until the cereal reaches the desired thickness. Stir again. Top with banana slices and frozen yogurt.

Serves 1.

Approximate nutrition information

per serving (no toppings): 267 calories, 3 grams of fat (1 gram saturated, 1 gram monounsaturated, 1 gram polyunsaturated), 53 grams of carbohydrates, 9 grams of protein

Recipe by University of Nebraska-Lincoln Extension at food.unl.edu.