

## Trying healthy foods. It's kids stuff.



Getting picky eaters to try new foods may be difficult. But if your child isn't filling at least half of their plate with fruits and veggies, they are missing out on much-needed nutrients.

Follow these simple tips to make choosing healthy foods more kid-friendly.

### Be tricky.

Start "Try it Tuesdays": Once a week, have the whole family select a new food to try.

Establish the "no thank you bite" rule: Children can veto items if they don't like them, but they have to try at least a bite first.

Create nicknames: Give cute names to vegetables, like "hero buttons" for Brussels sprouts.



### Let them try.

Shop with them: Encourage your kids to pick out new fruits and vegetables to taste.

Cook with them: Let your kids help with cooking new meals. It makes for great family time too.

Buy kitchen "toys": Fun appliances such as a blender or juicer can inspire kids to make healthy snacks.

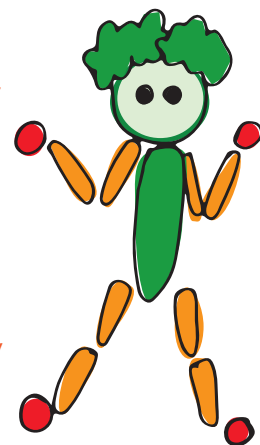


### Have fun with it.

Add to favorite foods: Top pizza with mushrooms and peppers or add spinach in lasagna.

Play with your food: Turn fruits and veggies into animal shapes to make eating more fun.

Make dessert delicious and nutritious: Give dessert a healthy boost with a fruit smoothie with low-fat yogurt or a bowl of your child's favorite fruit.



### Try MyPlate.

MyPlate, the latest USDA nutrition guide, uses the family-friendly image of a place setting to illustrate how the five food groups make up a healthy diet. Visit [choosemyplate.gov](http://choosemyplate.gov) for tips on making healthy choices in each of the food groups and to find nutrition-smart activities and videos for your kids.

