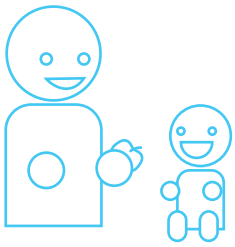
Encouraging Children to Eat More Vegetables

one Central Health



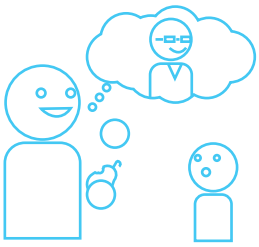
1. Breastfeed if possible.

Breastmilk comes with variation in taste and flavour from the maternal diet compared to formula which stays the same. Breastmilk also strengthens the baby's immune system.



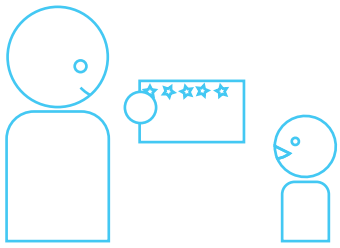
2. Offer vegetables as a first food.

Be sure to include bitter-tasting vegetables such as broccoli and cauliflower as well.



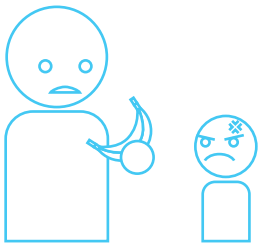
3. Offer a wide variety of foods, including fruit and vegetables, with repeated exposure.

Explain that scientists say it takes over 10 times to know whether someone likes a particular food.



4. Use non-food rewards to encourage the eating of veggies.

For example, tinkets, stickers and or marks of progress that build up to a larger reward.



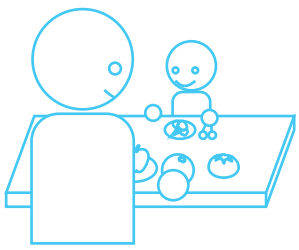
5. Avoid managing behavioural challenges with food.

For example, try not to use food to calm an irritable or emotional child.



6. Read your children vegetable-based story books.

Books help to introduce topics in fun and relatable ways to children. Some examples include Sylvia's Spinach by Katherine Pryo and If You Plant a Seed by Kadir Nelson.



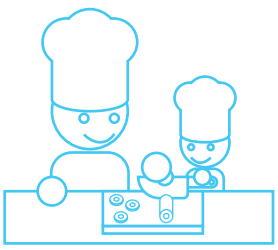
7. Have regular family meals and be a good role model.

Research tells us, children eat new food ONLY when their parents sit down and eat that same new food also.



8. Make sure the food is FUN and create a positive mealtime experience.

Always use neutral or positive language at the table even when not talking about the food.



9. Involve children in food preparation.

Exposes the child's senses to different foods, colours, smells and textures. It also improves fine motor skills and kids are likely to be more adventurous with their eating.