

## Make Nutrition Fun!

Kids may be hesitant to try new foods. Taste, texture, aroma and color can all affect a child's willingness to give new foods a chance. One way to encourage kids to try new fruits and vegetables is to get them involved and make it fun. Here's how:

- Let your child pick out one new fruit and vegetable to try from the store. Children are more likely to eat food they choose for themselves.
- Cut up an assortment of colorful produce and have kids design their own faces on a clean white plate. Snap a photo to hang on the fridge before snacking!
- Hang a calendar on the fridge and award a sticker for each new food tried. Ten stickers in a month earns a small prize.



## Get Involved

Children learn behaviors from their parents and healthy habits start at home. Model healthy eating for your child.

### Eat Right

- Plan healthy meals with children and let them help cook.
- Turn off the TV and sit at the table for meals.
- Eliminate the "clean plate" rule and emphasize moderation.
- Demonstrate personal enthusiasm in trying new foods.

### Stay Active

- Plan active family outings like hiking and biking.
- Ask for help with outdoor chores like car washing and leaf raking.
- Swap TV time for active games like hide and seek or tag.



## Good Sense on Sweets

It's no secret that too many sweets can have harmful consequences, but studies have shown that banning treats entirely only increases a child's desire for them and leads to overeating. Establish your own family dessert policy and keep these tips in mind:

### Eat Right

- Limit treats to 150 calories or less.
- Check labels carefully for simple ingredients.
- Homemade your own desserts with wholesome ingredients.
- Make fruit the star! Some sensible ideas are:
  - Strawberries dipped in chocolate
  - Mixed berries with yogurt
  - Apple with caramel dip
  - Frozen banana "popsicle"



## Children Need Key Nutrients

### Found in Fruits & Vegetables

Important Nutrients:	Food Sources:
Fiber	 pear  apples  berries
Folate	 spinach  broccoli  cauliflower
Magnesium	 avocado  potatoes with skin  banana
Vitamin A	 sweet potatoes  carrots  kale

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## HEALTHY KIDS

Health and Wellness Series #4



# 10 Ten Healthy Snacks for Kids!

Nutrition is vital to a child's health, development and performance in school and sports. Here are ten healthy snack ideas for growing kids:

## 1

### Baked Veggie Chips

Thinly slice carrots, turnips and beets; lightly coat with olive oil; bake at 400° F for about 30 minutes.



## 2

### Trail Mix

Combine raisins, almonds, cashews and other dried fruit or nuts. Portion out ¼ cup servings.



## 3

### Fruit Smoothie

Blend bananas and strawberries with low-fat yogurt or almond milk. Serve in 8 oz. portions.



## 4

### Ants On a Log

Spread one tablespoon peanut or almond butter on a celery stick and top with raisins.



## 5

### Fruit Salad

Mix pineapple chunks, grapes, bananas, berries and other favorite fruits with lemon juice.



## 6

### Veggies and Dip

Dip vegetables like carrots, celery, cauliflower and radishes in hummus or low-fat ranch dressing.



## 7

### Oatmeal

Prepare ¼ cup rolled oats with ½ cup almond milk and top with fresh berries.



## 8

### Sweet Potato "Fries"

Slice a small sweet potato into spears, dust with cinnamon, and bake at 400° F for about 30 minutes.



## 9

### Banana Popsicles

Insert wooden sticks into peeled bananas, coat with vanilla yogurt, place on parchment paper, and freeze for an hour.



## 10

### Fresh Fruit & Veggies

For easy access to healthy snacks keep a bowl of whole fruit on the countertop and washed grapes and cut veggies (i.e., carrots, celery) in the fridge.



Get Healthy! Collect all 10 of the series!  
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