



A prescription for : How to get your kids to eat more vegetables!

Name: To every family who has this regular daily struggle of getting their kids to eat vegetables, especially if you have fussy kids at home



Dose: We aim to get our kids to eat between 3-5 portions of fruits & veg every day



Instructions:

1 portion of vegetable is what fits in a palm or two palms of your kid's hands, depending on their age.

- For example 1-2 tablespoons of veggie cooked

Use se child-sized plates, if possible



Useful guides:

<https://www.earlystartgroup.com/nutrition-services/parent-nutrition/portion-size-guide-for-adults-and-children/>

<https://www.cwt.org.uk/wp-content/uploads/2015/02/CHEW-5-11Years-PracticalGuide.pdf>



Notes:

You are not alone.

Don't pressure yourself and be patient.

Try different techniques and give your kid the time they need to get familiar with veggies.



Your Nutritionist:

We are here to support you offering the best possible guidance to help you provide the balanced nutritional needs for each member of your family to help your family grow healthily and live a happy lifestyle.

Nourhan specialises in family nutrition and gentle advice of healthy eating. Please book your free (15 mins) family nutrition assessment call and discover how we can help.



Tips to get your kids to eat more vegetables

Create fun games on the dining table



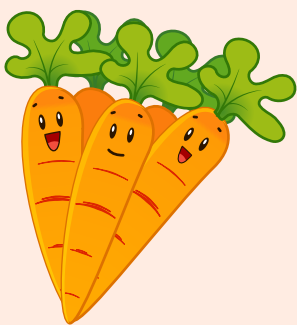
Kids love surprises and having fun around the dining table. Try to create a routine of cooking different, colourful, and surprising vegetables in your meals whenever possible. Imagine it as a daily/weekly fun game with your kid!

Get your kids involved in meals preparation

Get them to wash the veggies or pick them up from the fridge. Children become more excited to eat meals they have been involved in choosing and preparing. Ask what's their opinion for the next day's meal and perhaps what veggie to add to it.



Get creative in offering varieties of vegetables

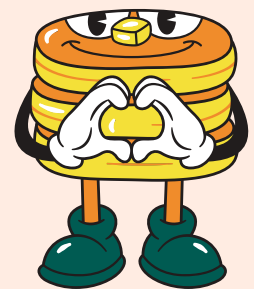


Why not play games!

Have a colour theme every Sunday or a name theme Every Thursday even a funny faces theme made by veggies on Tuesdays.

Compliment kid's snacks with fruit & veg

Offer them different colours, tastes and textures by adding varieties of fruit & veg to their yoghurt, pancakes, smoothies, and cookies.



Be patient and a role model



Make sure that your little ones get to see you eating those veggies as part of your meals so they give it a try themselves. Allow time for them to try veggies in their different forms (puree, steamed or roasted) or in different shapes and in combination with different ingredients.

