



## Growing with Fruits and Vegetables

### Does this sound familiar?

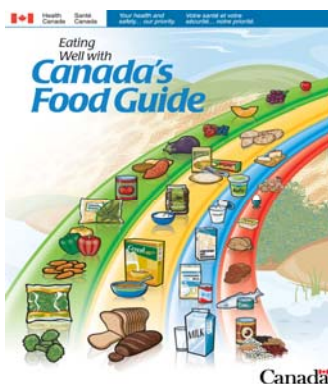
*"This tastes yucky"  
"I don't like fruits & vegetables"*

Does your child not like the texture of veggies and fruits or are nervous about eating unfamiliar or brightly coloured foods?

WholeSUM's "Growing with Fruits and Vegetables" provides tips and tricks to help get your child to eat more fruits & vegetables & to make meal time less stressful.

### Canada's Food Guide to Healthy Eating

Vegetables and fruits have the biggest arc on the *Canada's Food Guide to Healthy Eating* rainbow. This important food group provides growing children with vitamins, minerals, fiber, and antioxidants. Everything a little one needs to grow up big and strong!



**Ages 2-3 years:** Toddlers need at least 4 servings of vegetables and fruits each day.

**Ages 4-8 years:** Young children need at least 5 servings of vegetables and fruits each day.

**Ages 9-13 years:** Older children and preteens need at least 6 servings of vegetables and fruits each day.

### What's a serving?

Getting all of those servings in a day may seem daunting, but it's easier than you think. One serving of vegetables or fruits can be any of the following:

- 125 ml (1/2 cup) of fresh, frozen or canned vegetables
- 125 ml (1/2 cup) cooked or 250 ml (1 cup) raw leafy vegetables
- 250 ml (1 cup) fresh fruit, frozen or canned fruit
- 125 ml (1/2 cup) of 100% fruit juice (unsweetened)

### Remember to....

- Serve no more than 125 ml (1/2 cup) of 100% fruit juice each day
- When buying canned fruit, such as pears and peaches, choose those packed in juice or water rather than syrup
- When preparing canned vegetables, drain the liquid from the can and rinse the vegetables

under running water. This will help remove some of the salt used during the canning process.



### Veggies & Fruits – *Incognito*

You may have to get sneaky to get your kids to eat more fruits and veggies. Try these creative ways to slip healthy ingredients into daily meals without them even knowing!

- Camouflage vegetables by finely chopping or pureeing them and add to familiar foods such as pasta or pizza sauce, soup, chili, lasagna, etc.
- Add veggie toppings to a pizza
- Try baking muffins and loaves with grated zucchini or carrot
- Try adding pureed white beans to cookies – they add a creamy texture without changing the flavour
- Add shredded veggies to meatloaf, meatballs and hamburgers



Remember: Although hiding fruits and veggies in your child's food will help them get the nutrition they need, continue to offer vegetables and fruits throughout the day.

Try books like "Deceptively Delicious" by Jessica Seinfeld or "The Sneaky Chef" by Missy Chase Lupine. These books offer clever strategies for adding fruit and vegetable purees to kid-friendly recipes.

### How can I get my child to eat all of these veggies and fruits?

Your game plan may have to include many different tactics before your child starts to eat more produce. Here are our top tips!

**V**ariety is important! Serve new foods alongside familiar ones.

**E**ncourage your child to take at least one bite.

**G**ive your child new fruits and vegetables in small amounts first.

**G**row your own! Start a vegetable garden in your backyard so your child can eat the vegetables they have helped grow.

**I**nvolve your child at the grocery store – they are more likely to eat them if they had a part in choosing them!

**S**eparate the plate! Serve fruits & vegetables separate more often than mixed dishes.

**F**inger Foods are Fun! Present veggies and fruits as finger foods. Kids love dipping!

**R**elax! Make meal times a positive experience for the whole family. Don't force your child to eat.

**U** Pick farms or farmer's markets are a fun way to get the whole family to pick, cook, and eat fresh produce!

**I**ntroduce veggies and fruits in different colours, shapes, and flavours to entice your child.

**T**ry serving both a raw vegetable and a cooked vegetable. Some people prefer one cooking method to the other.

**S**ous chefs! Kids love to take part! Involve your kids in meal planning and preparation. Look for child-sized kitchen tools, children's aprons or chef's hats.



### Breakfast Idea #1:

#### Blueberry Blast Smoothie

Source: *The Food You Crave* by Ellie Krieger

Makes 2-1 cup servings

- ½ cup milk
- ½ cup plain yogurt
- 1 cup frozen unsweetened blueberries
- 1 tsp. honey

Put all of the ingredients in a blender and process until smooth. \*Try swapping out different types of fruit for the blueberries. You can also use different flavours of yogurt or add some 100% fruit juice.



Photo: thejewishstar.files.wordpress.com

### Breakfast Idea #2:

#### Mmm Mmmorning Sundae

Source: www.kidnetic.com

Makes 2 serving(s)

- 2 cups low-fat granola cereal

**Remember the saying....if at first you don't succeed try, try again! Did you know it might take 10-15 attempts before your child will eat that fruit or vegetable?**



- 3/4 cup (6 ounces) low-fat vanilla yogurt
- 1 cup raspberries or blueberries, fresh or frozen (thawed)

Into each glass, plo p 1/2 cup of the cereal, then 3 tablespoons of the yogurt, then 1/4 cup of the berries. Repeat. Eat!

### Breakfast Idea #3:

#### Peanut Butter & Banana Roll-Up

Makes 1-2 servings

- 1 whole grain tortilla
- 2 tbsp natural smooth peanut butter
- 1 banana

Spread the peanut butter over the tortilla. Place the peeled banana in the center of the tortilla and roll up. Cut in half for smaller tummies.

### Lunch Idea #1:

#### Saladwich Pocket

Source: [www.kidnetic.com](http://www.kidnetic.com)

Makes 2 servings

- 1 regular-size whole wheat pita
- 4 (1-oz) slices turkey
- 4 slices light cheese
- 1 cup pre-bagged salad mix
- 2 tablespoons light ranch dressing

Slice the pita in half and stuff it with 2 slices of turkey, 2 slices of cheese and 1/2 cup of salad.

Wrap each Saladwich well in plastic wrap or foil. Store the salad dressing separately in small, sealed containers (1 tbsp for each sandwich) until ready to eat.

Drizzle salad dressing in the Saladwich just prior to serving.

### Lunch Idea #2:

#### Cheddar Vegetable Tortilla

Source: [kraftcanada.com](http://kraftcanada.com)

Makes 2 servings, 1 tortilla each

- 1 carrot, shredded (~ 1 cup)
- 2 tbsp. Italian dressing
- 2 small whole wheat tortillas
- 2 medium cheddar cheese slices
- 2 lettuce leaves, torn in half
- 1/4 cup chopped red peppers
- 1/4 cup chopped tomatoes

Combine carrots and dressing. Spread onto tortillas. Top with remaining ingredients; roll up. Cut in half to serve.



### Lunch Idea #3:

#### Minestrone in Minutes

Source: [kraftCanada.com](http://kraftCanada.com)

Makes 8 servings, 1 1/4 cups each

- 4 cups frozen vegetable blend (i.e. broccoli, cauliflower, carrots)
- 1/2 lb. (225 g) boneless, skinless chicken breasts, cut into bite-size pieces
- 2 cans (10 fl oz/284 ml each) 25%-less sodium chicken broth
- 1 can (28 fl oz/596 ml) no-salt-added diced tomatoes, undrained

- 1 can white beans (19 fl oz/540 ml), drained and rinsed
- 1 cup whole wheat rotini pasta, uncooked
- 1 cup part skin mozzarella cheese, shredded

Combine all ingredients except cheese in sauce pan. Bring to boil on high heat, stirring occasionally. Simmer on medium heat 10 min or until chicken is done and pasta is tender; stir occasionally. Serve topped with cheese.

### Dinner Idea #1:

#### Meat Loaf Muffins with Barbeque Sauce

Source: *Classic Rachel Ray 30 Minute Meals*

Makes 6 servings

- Vegetable or olive oil
- 1 1/2 lbs lean or extra lean ground beef
- 1 small yellow onion, cut into quarters
- 1 small green bell pepper, roughly chopped
- A splash of milk
- 1 large egg, beaten
- 1 cup plain bread crumbs (preferably whole wheat)
- 2 tbsp grill seasoning, such as Montreal Steak Spice
- 1 cup smoky barbeque sauce
- 1/2 cup tomato salsa

Preheat oven to 450 F. Brush a 6-muffin tin with oil.

Place ground beef in a large bowl. Pulse the green pepper and onion in a food processor until finely chopped. Add the vegetables to the meat bowl. Whisk the milk into the beaten egg, and add to meat. Add the bread crumbs and grill seasoning.



In a small bowl, mix the barbeque sauce and salsa. Pour half the sauce mixture into the meat loaf mix. Mix the meat loaf mixture together with your hands.

Use a large ice cream scoop to put the meat into the muffin tin. Top each meat loaf muffin with a spoonful of reserved sauce. Bake about 15 minutes. Insert a knife in the center of one to ensure all juices run clear and the ground beef is thoroughly cooked. Serve with green beans and smashed potatoes with cheese (*or whichever vegetable your child will eat!*)

### Dinner Idea #2:

#### Kids' Bruschetta

Source: Family Fun Magazine

Makes 4-6 servings

- 1 large ready-to-eat whole wheat pizza shell or long whole wheat French bread
- 2 cups light shredded cheese
- 1 large tomato, chopped
- ½ tsp. dried oregano or Italian seasoning, crushed

Preheat oven to 375 F. If using bread, cut in half lengthwise. Place on cookie sheet and bake 8 to 10 minutes, or until lightly toasted.

Combine cheese, tomato and oregano and place the mixture on top of the pizza shell or halved bread. Bake 5 minutes, or until cheese is melted. Cut into slices. Serve with a green salad.



### Dinner Idea #3:

#### Sloppy Turkey Joes

Source: longos.com

Makes 6 servings

- 1 tbsp canola oil
- 1 onion, finely chopped
- Red or green pepper, chopped
- 1 carrot, grated
- 1 pkg (8 oz) fresh mushrooms, chopped
- 3 cloves garlic, minced
- 500 g extra lean ground turkey
- 1 tbsp Mediterranean seasoning mix (or any spice mix you prefer)
- 2 cups tomato basil pasta sauce
- 6 whole wheat buns (i.e. Kaiser)

Heat oil over medium-high heat; add onion, pepper, carrot, mushrooms and garlic. Cook, stirring for about 8 mins or until veggies are softened and starting to turn golden. Scrape mixture into a bowl and return pan to medium-high heat. Add turkey and spice mix; break up meat and cook for about 5 mins or until no longer pink inside. Return vegetables to skillet and stir to combine.

Pour in pasta sauce and simmer for about 5 mins or until slightly thickened.

Cut off the top part of the buns with a serrated knife and remove some of the bread inside. Spoon turkey mixture into buns and serve.

\*To increase the veggies, add 1 small chopped zucchini to the mushroom mixture and cook with the other vegetables for an extra 5 mins. Continue with recipe as above.

### Snack Ideas

#### Pumpkin Dip

Source: www.superhealthykids.com

- 1 package vanilla instant pudding

- 1 can low fat evaporated milk

Mix together with a whisk. Let sit in fridge for about 5 minutes. then add:

- 1 can pumpkin puree
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

Mix together all ingredients. Return to fridge until ready to eat, at least 10 minutes. Use fruit or crackers as a dip.

#### White Bean Roasted Red Pepper Dip

Source: <http://smittenkitchen.com>

- 1 15-ounce can of white cannellini or navy beans
- 1 small jar roasted red peppers, or about 1 cup, drained
- 3 ounces cream cheese, softened
- 1 clove garlic, minced
- Juice from half a lemon
- Salt and pepper to taste

Puree everything in a food processor until smooth. Serve with raw veggies for dipping.

#### Balls of Energy

Source: Family Fun Magazine

Makes 14 balls

- 1 small banana
- ½ cup chunky peanut butter
- ½ cup toasted wheat germ
- Finely chopped peanuts or shredded coconut for coating

In a medium bowl, mash together the banana and the peanut butter. Stir in the wheat germ. Roll individual tablespoons of the mixture into balls, then roll the balls in one, or a mix, of the coatings listed above. Chill until firm.