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Fruits, Roots & Vegetables



LET'S GO!

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FRUITS, ROOTS & VEGETABLES



Get Started!

- More matters – Fill half your plate with fruits and veggies
- Start by making small changes
- Encourage your family to eat more fruits and vegetables by serving them more. Kids who are served more fruits and veggies and see other family members eating more fruits and veggies, will eat more
- Try a Bite: Offer fruits, roots and veggies and encourage everyone to try a few bites. It can take 7 to 10 tries to like a new food. But don't pressure your child. Don't complain if he/she refuses just try again another time.

Eat a Rainbow!

- Fruits and vegetables can be fresh, frozen, or canned. They're all good for you and your family. Buy and serve fruits canned in their own juice, not in sweetened syrup.
- Try adding vegetables, such as zucchini, to chili, stew and spaghetti sauces. Some kids are more likely to eat these if they are chopped small.
- “Dress up” the veggies. Adding a bit of butter, low fat ranch dressing or small amounts of cheese sauce to a veggie dish may make it more appealing to kids.
- Help your kids to create their own garden and grow their own food.
- Let the kids into the kitchen. Kids involved in meal and snack preparation are more likely to try new foods.
- Root vegetables including taro, poi and sweet potatoes are part of a healthy diet. Try steamed sweet potato slices for a snack.
- Encourage your family to eat 3 regular meals a day.
- Turn off the TV while you and your family eat.

