

Improve on Snack Choices

- Nothing beats fresh fruit or veggies as an easy grab-n-go snack. Stock your kitchen and refrigerator with their favorites.
- Offer your child a variety of “dips” to choose from: fruited yogurt for fresh fruits, low-fat Ranch dressing, a homemade cream cheese veggie dip, or hummus are great options.
- Serve frozen grapes, bananas or mangos as a refreshing snack.
- Top ice cream or pudding with berries.
- Steam and cool edamame for a nutty tasting treat.
- Spread celery sticks with natural peanut butter and top with raisins.
- Keep individual serving size bags filled with unsweetened dried fruit and dry roasted nuts.
- Stock your pantry with canned fruit in its own juice or light syrup.
- Top low-fat, organic cottage cheese with fresh or canned fruit.
- Store homemade whole-grain and fruit muffins in the refrigerator or freezer.



This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

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Getting Your Kids to Eat More Fruits and Veggies



What ever happened to that cute little toddler, so excited and eager to try any fruit or vegetable you placed in front of him? Is your child now a youth who balks at the thought of eating the broccoli you just placed in front of her? If this is the case, we have a few tips and suggestions to help your child (adult children included!) enjoy the health benefits fruits and vegetables have to offer.

Start in the Kitchen

- Whenever you can, involve your child in the food preparation process. Where age-appropriate, let your child scoop out fresh melon balls, clean and cut fresh vegetables, or help assemble a completed meal using a variety of fruits and vegetables.
- Keep produce within reach. A healthy grab-n-go alternative, keep fresh fruits like bananas, apples or pears in a large bowl on the countertop.
- Fill the fridge with healthy options. After purchase, clean and prep fresh vegetables and store, ready-to-eat, in the refrigerator.
- Stock the pantry with a variety of dried fruits and nuts.

Shop Wise

- Involve your child in the menu-planning process, asking him or her what favorite vegetable or fruit they would like with meals.
- Each week, encourage your child to try a new or exotic fruit or vegetable. The best way to do this is to invite them to do the grocery shopping with you. Let them choose which fruit or vegetable they'd like to try.

Grow a Garden

- Let them get their hands dirty! They are more likely to eat fruits and vegetables when they are involved in the gardening process.

Make Meals Matter

Establish daily mealtime standards, like the one below:

- Breakfast must include a serving of fruit.
- One snack must include a serving of fruit and/or vegetable.
- Lunch and dinner must include a serving of vegetable.
- Choose at least three different colored fruits and vegetables each day.

Slip fruits into your child's meals with these simple tips:

- Mix unsweetened applesauce into their bowl of oatmeal.
- Toss shredded or chopped fresh or dried fruits into pancake, waffle, muffin or bread batters.
- Top peanut butter sandwiches with banana slices, chopped apple or raisins.
- Toss a variety of fresh or frozen fruits into a blender, add ice cubes, 100 percent fruit juice and yogurt for a nutrient-packed smoothie.
- Layer low-fat yogurt with granola and berries for a refreshing parfait.

Slip vegetables into your child's meals with these simple tips:

- Whip up a batch of whole-wheat zucchini muffins with raisins and/or walnuts to begin the day on a healthy note. Muffins freeze well and can be taken out the night before, as needed.
- Sneak in roasted, sautéed or grilled vegetables into family favorite recipes, like pasta sauce, chili, macaroni and cheese, stuffed shells or casseroles.
- Fill homemade enchiladas or quesadillas with pinto beans or non-fat refried beans.
- Have family "salad bar night" – Set out dishes of vegetables (peppers, broccoli, sprouts, a variety of nuts and hard boiled eggs) depending on every one's likes.

- Top sandwiches with dark leafy greens and spread with hummus instead of mayonnaise.
- Roast wedges of sweet potatoes to replace frozen French fries.
- Make a carotenoid-rich pizza treat: Top each half of a whole wheat English muffin with two tablespoons of marinara sauce, sliced mushrooms and reduced-fat mozzarella cheese.
- Surprise your child with sliced tomatoes in his grilled cheese sandwich; or serve with a warm bowl of tomato and vegetable soup.
- Melt low-fat cheese over broccoli, cauliflower or carrots.
- Toss out the ground beef next time you make chili and add some extra beans.
- Skip the usual sandwich and instead serve in a "lettuce wrap" of romaine or Bibb lettuce.
- Top baked squash with trans-free margarine or butter, brown sugar, dried fruit and nuts for a treat.
- Skip pasta and serve your next "spaghetti night" using spaghetti squash.
- Mix canned pumpkin with plain low-fat yogurt, a touch of molasses, or brown sugar and cinnamon, for an easy sweet ending to any meal.

Here's to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit www.heinens.com/healthyappetite. Here's to your good health!