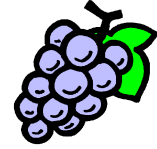


# Eat a RAINBOW of Veggies and Fruit!



Canada's Food Guide shows the Vegetables and Fruit group at the top of the food guide rainbow. Eating vegetables and fruit is an important part of being healthy. The following are some meal and snack tips to help your child or teenager eat more vegetables and fruit.

- **Make vegetables and fruit taste good.** Be careful not to overcook vegetables. Add fruit to your green salad for extra flavor. Fresh fruit is sweet and full of flavor – try it for dessert instead of cakes or sweets.
- **Offer raw vegetables.** People who dislike cooked vegetables may enjoy raw ones. Offer vegetables with dips like salad dressing, salsa, or yogurt.
- **Try salad.** Set up a “salad bar” at home and have family members make their own salad. Try peas, kidney beans, shredded cheese, raisins, or sunflower seeds as salad toppings. Place in baggies or containers so they are always ready to go.
- **Offer vegetables and fruit first.** Serve salad, raw vegetables & dip or a cooked veggie appetizer while you wait for the rest of your meal to cook.
- **Offer 2 types of vegetables and fruit at each meal.** The more vegetables and fruit you offer, the more likely each family member will find one they like. Try serving fruit with your main meal.
- **Incorporate vegetables into other foods.** Serve vegetable juice with a celery stir stick. Add extra minced vegetables such as squash or carrots to spaghetti sauce, hamburgers and soup. Leftover vegetables? Puree and freeze in ice cube trays. Use frozen puree in sauces, soups, and stews for a quick and easy way to add vegetables to your meal.
- **Add vegetables and fruit to baking where possible.** Prepare your muffins, breads, or pancakes with added banana, applesauce, blueberries, raisins, carrots, pumpkin, apple pieces or dates. When making pancakes, use pureed peaches in place of syrup.
- **Try serving fruit and vegetables in new ways.** Many people like their fruit and vegetables cut up instead of whole. Other options for fruit include fruit salad, fruit crisp, applesauce and baked apples. Fruit kabobs dipped in yogurt or pudding are a tasty and nutritious snack.
- **Involve your child in growing, buying and preparing vegetables and fruit.** Children show more interest if they have helped to grow, select, or prepare a food item.

