

MY KIDS WON'T EAT THAT!

CHILD AND ADULT CARE FOOD PROGRAM
WWW.CACFP.ORG

My Kids Won't Eat That!

Did you know 90% of Americans fail to eat the recommended amounts of fruits and vegetables? See the chart below which lists the recommended amounts according to age and sex

MyPyramid Fruits and Vegetables Recommended Amounts

WOMEN		
Age	Fruits	Vegetables
19-30	2 cups	2 1/2 cups
31-50	1 1/2 cups	2 1/2 cups
51 +	1 1/2 cups	2 cups
GIRLS		
2-3	1 cup	1 cup
4-8	1 cup	1 1/2 cups
9-13	1 1/2 cups	2 cups
14-18	1 1/2 cups	2 1/2 cups

MEN		
Age	Fruits	Vegetables
19-50	2 cups	3 cups
51 +	2 cups	2 1/2 cups
BOYS		
2-3	1 cup	1 cup
4-8	1 1/2 cups	1 1/2 cups
9-13	1 1/2 cups	2 1/2 cups
14-18	2 cups	3 cups

Above numbers are based on activity levels of less than 30 minutes per day. For specific recommendations based on age, sex and activity levels go to the website www.fruitsandveggiesmatter.gov



Food Program Minimum Portions of Fruits and Vegetables

Breakfast

1-2 years	1/4 cup
3-5 years	1/2 cup
6 – 12 years	1/2 cup

Lunch/Supper

1-2 years	1/4 cup
3-5 years	1/2 cup
6 – 12 years	3/4 cup

Snack (Optional)

1-2 years	1/2 cup
3-5 years	1/2 cup
6 – 12 years	3/4 cup



What Counts? No matter what the form, fresh, frozen, canned, dried, juice – all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendations, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

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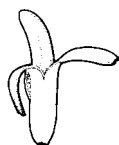
What counts as 1/2 cup?



1 small pepper



1 small ear of corn



1 small banana



5 broccoli florets



16 grapes

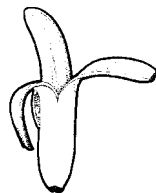


6 baby carrots or
1 medium carrot

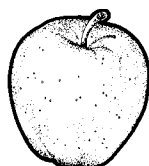


1 cup leafy greens

What counts as a 1 cup?



1 large banana



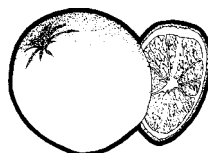
1 medium apple



1 large sweet potato



8 large strawberries



1 large orange



12 baby carrots or
2 medium carrots



2 cups spinach leaves



2 large stalks of celery

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Just the Facts – On Fruits and Veggies



Heart Attack Risk

Two Harvard studies show for every extra serving of fruits and vegetables that participants added to their diets, their risk of heart disease dropped by 4 percent.

People who averaged 8 or more servings of fruits and vegetables per day were 30% less likely to have had a heart attack or stroke than those who averaged less and 1.5 servings a day.

High Blood Pressure

People with high blood pressure who followed a diet that was rich in fruits, vegetables, and low-fat dairy products and that restricted the amount of saturated and total fat reduced their systolic blood pressure (the upper number of a blood pressure reading) by about 11 mm Hg and their diastolic blood pressure (the lower number) by almost 6 mm Hg - as much as medications can achieve.



Cholesterol

Men and women with the highest daily consumption of fruits and vegetables (more than 4 servings a day) had significantly lower levels of LDL (bad) cholesterol than those with lower consumption.

Cancer Prevention

There is limited evidence for a cancer preventive effect of consumption of fruit and of vegetables for cancers of the mouth and pharynx, esophagus, stomach, colon-rectum, larynx, lung, ovary (vegetables only), bladder (fruit only), and kidney.

Eye Health

Eating plenty of fruits and vegetables also keeps your eyes in good shape. Fruits and vegetables help prevent two common age related eye diseases - cataract and macular degeneration - which afflict millions of Americans over age sixty-five.



Serve them and they will eat them

Studies show that children will eat more fruits and vegetables if parents and caregivers make them available as part of meals and snacks.

Food Preparation Increases Consumption

Elementary age children who completed fruit and vegetable food preparation activities with their families were found to have an increased consumption of fruits and vegetables after the activity.

Fruits and Vegetables are Affordable

More than half of the 154 different forms of fruits and vegetables analyzed by USDA cost less than 25 cents per serving. That's a bargain compared to other snack foods. (1999 data)

Enjoy a Variety of Colors

No one food contains all the nutrients your body needs. Eating fruits and vegetables of different colors; green, orange, red, yellow, blue/purple and white gives your body a wide range of nutrients.



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Veggies for Kids

Some children are reluctant to eat or even try vegetables. There are several possible explanations for why children might respond this way.



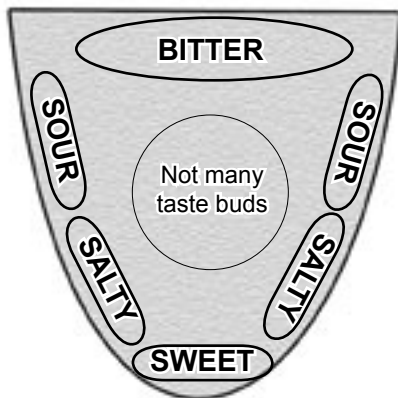
Children are not offered vegetables to eat. Some families do not offer vegetables with meals either because children have refused them in the past or because parents do not eat vegetables themselves. Offer fruits and vegetables with every meal and let the children see you enjoying them. Children need many exposures to unfamiliar foods before they are willing to try them. Eventually they will be willing to try them as long as they are still available.

Children have been forced to eat vegetables. If children have been forced to eat vegetables in the past they will be reluctant to eat them because the experience was unpleasant. Caregivers should continue to offer vegetables at meals but leave the decision about *how much* and *whether* to eat them up to the child.

Children have super sensitive taste buds. An older adult has 3000 taste buds; a child has about 10,000. Coupled with a natural craving for bland and sweet foods, this can make vegetables a tough sell. Some vegetables have a bitter flavor which children may be sensitive to. Try offering stronger flavored vegetables with a dip or sauce or sprinkle with a small amount of sugar to counteract the bitter flavors. Most important - don't give up. Children's tastes do change over time. Something they refuse today could be one of their favorite foods six months from now.



The Tongue



Taste cells are clustered in taste buds on the tongue. The taste buds which contain taste receptor cells are located at the base of the visible bumps on the tongue know as papillae.

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Fruits and Veggies - More Matters

The message is clear – no matter how many servings of fruits and vegetables currently eaten, everyone can benefit from just one additional serving each day.

Involve the children and the family in the selection process

If a field trip to the supermarket or having the kids tag along on the next grocery trip is not an option, use grocery store advertisements or pictures of different fruits and vegetables to allow the children to choose some to try. Try different serving ideas to find one that most everyone enjoys.



Create a positive association with creative names

Fun sounding names for fruit and vegetable offerings does lead to increased consumption. In a recent study researchers found that the number of preschoolers eating peas doubled when regular peas were offered as “power peas”. The same thing happened with dinosaur trees (broccoli) and rainforest smoothie (tomato juice).

Offer fruits and vegetables at snack frequently

While fruits might be considered a common snack, vegetables are less commonly served for snack. Some ideas to consider: Rainbow veggies and dip; Veggie & cheese tortilla roll-up; Breadsticks with Zesty Tomato Sauce; Power Fruit Smoothie.



Let the child help prepare them

Small children can help with simple preparation tasks such as washing the skin of fruit before cutting and peeling or tearing salad greens into small pieces for a mixed salad. Even the process of stirring together a variety of chopped fruit and squirting with a little bit of fruit flavored yogurt helps children feel like they've prepared something delicious.

Store cut up vegetables at eye level in the refrigerator

Wash, peel and cut raw vegetables and place them in clear plastic containers at eye level in the refrigerator for easy snacks.

Mix together single servings of fruit or vegetables

Small amounts of leftover vegetables can be frozen and added to soups, salads, stews or scrambled eggs. Blend leftover fruit chunks with fruit juice and yogurt for a tasty smoothie or add to a mixed green salad or coleslaw.

Enhance your mixed dishes with additional vegetables

Boost nutrition in mixed foods by adding small amounts of shredded or pureed vegetables to foods such as spaghetti sauce, soups, meatballs or meatloaf and rice. Use low sodium vegetable juice as a base for soups instead of chicken or beef broth.



Plan activities around the theme of fruits and vegetables

Reading a story about vegetables or participating in a craft activity using fruits and vegetables makes fruits and vegetables more familiar to the children. The more familiar fruits and vegetables are the more likely children are to eat them.

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Snack Cost Comparison

Serving fruits and vegetables at snack is an excellent way to increase consumption and help children meet their daily fruit and vegetable requirements. The following is a cost comparison between fruit and vegetable snacks in the column on the left to some commonly served snacks on the right. Which fruit and vegetable snacks could you consider serving in your day care?

Remember when it comes to fruits and vegetables more matters!

PNB w/ celery Apples	\$.25
Baked Potato Cheese	\$.25
Applesauce Cinnamon Toast	\$.30
Cottage Cheese Pineapple	\$.31
String Cheese Apple Slices	\$.32
Fruit Cup Milk	\$.32
Yogurt Bananas	\$.33
Fruit & Cheese Kabobs	\$.35
Baked Sweet Potato Milk	\$.38
Corn & Tomato Salsa Tortilla Chips	\$.38
Yogurt in Fruit Smoothie	\$.42
Fruit Pizza (Grahams) Milk	\$.42
Kiwi Yogurt	\$.42
Cereal Mix Grapes	\$.55
Raw Veggies Cottage Cheese Dip	\$.64



Tortilla Chips Cheese	\$.32
Pretzels Orange Pineapple Juice	\$.36
Oreos Milk	\$.36
Animal Crackers Cran-Apple Juice	\$.37
Chocolate Chip Cookie Milk	\$.40
Chocolate Grahams Milk	\$.40
Chex Mix Milk	\$.41
Pop-Tart® Milk	\$.42
Chocolate Milk Peanut Butter Grahams	\$.43
Ritz Bits 100% Juice Punch	\$.45
Hi Ho's with Cheese Milk	\$.51
Doughnut Apple Juice	\$.51
Goldfish Crackers String Cheese	\$.52
100% Juice Punch Rice Krispie Bar	\$.56
Granola Bar Milk	\$.65

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Safe Storage of Fresh Fruits and Vegetables

Buying Tips for Fresh Produce

- You can help keep produce safe by making wise buying decisions at the grocery store.
- Purchase produce that is not bruised or damaged.
- When selecting fresh cut produce - such as a half a watermelon or bagged mixed salad greens - choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products when packing them to take home from the market.

Storage Tips for Fresh Produce

Proper storage of fresh produce can affect both quality and safety. To maintain quality of fresh produce:

- Certain **perishable fresh fruits and vegetables** (like strawberries, lettuce, herbs, and mushrooms) can be best maintained by storing in a clean refrigerator at a temperature of **40° F or below**. If you're not sure whether an item should be refrigerated to maintain quality, **ask your grocer**.
- Fresh fruits and vegetables should be **stored unwashed**.
- All produce that is purchased **pre-cut or peeled should be refrigerated** to maintain both quality and safety.

Preparation Tips for Fresh Produce

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- All produce should be **thoroughly washed before eating**. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- Even if you plan to peel** the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes **is not recommended**.
- Scrub firm produce**, such as melons and cucumbers, with a clean produce brush.
- Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.



What About Pre-washed Produce?

Many pre-cut, bagged produce items like lettuce are pre-washed. If so, **it will be stated on the packaging**. This pre-washed, bagged produce can be used without further washing.

As an extra measure of caution, you can wash the produce again **just before you use it**. Pre-cut or pre-washed produce in open bags should be washed before using.

Source: USDA Center for Food Safety and Applied Nutrition

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Portions Of Commonly Served Items

Yield information is based on volume not weight. Weight varies due to the different densities of the food.

Vegetables		Fruits	
	Number of 1/4 cup servings*		Number of 1/4 cup servings*
Broccoli		Apple, 1 small, raw	2
Fresh, 1 lb.	9	Banana, 1 small, raw	2
Frozen, 10 oz.	6	Blueberries	
Carrots		Fresh, 6 oz.	3
Baby, raw, 1 lb.	12	Frozen, 1 lb.	11
Canned, diced, 16 oz.	5	Cantaloupe, fresh, cubed, 1 lb.	5
Frozen, sliced, 1 lb.	9	Clementine, 1 whole	1
Sliced, cooked, 1 cup	2	Fruit Cocktail, 15 oz. can	6
Celery		Kiwi, fresh, 1 whole	1
Sliced, cooked, 1 cup	1.5	Oranges	
Sticks, fresh 1 lb.	14	1 medium, fresh	2
Corn, Green Beans, Green Peas		Mandarin, 11 oz. can	5
Canned, 16 oz.	6	Peaches	
Frozen, 1 lb.	10	1 small, fresh	2
Cucumber Sticks, 1 lb.	9	Sliced, 16 oz. can	7
Mixed Vegetables		Pears	
Canned, 16 oz.	6	1 small, fresh	2
Frozen, 1 lb.	8	Halves, 16 oz. can	7
Peppers, Bell		Pineapple	
1 large, sliced (0.5 lbs.)	7	Crushed or Chunks, 16 oz. can	7
Potatoes		Slices, 16 oz. can	5
Cooked & diced, 1 lb.	4	Plums, fresh 1 lb.	9
Mashed, 1 lb.	4	Strawberries, fresh 1 lb.	10
Pumpkin, 15 oz. can	7	Watermelon, fresh, 1 lb.	6
Squash, frozen 1 lb.	7		
Sweet Potatoes, 1 lb. baked	6		
Tomato Products			
Canned, diced, 1 lb.	7		
Fresh, cherry, 1 lb.	12		
Tomato Sauce, 16 oz.	7		
Tomato Paste, 6 oz.	10		

* For number of 1/2 cup servings, divide by 2

Food Program Minimum Portions of Fruits and Vegetables

	1-2 years	3 - 5 years	6 - 12 years
Breakfast	1/4 cup	1/2 cup	1/2 cup
Lunch/Supper*	1/4 cup	1/2 cup	3/4 cup
Snack (optional)	1/2 cup	1/2 cup	3/4 cup

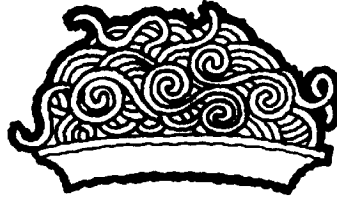
*Serving amount includes 2 fruit/vegetable components.



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Powered Up Pasta Sauce

2 Tbsp. oil
1/2 c. finely minced onion
2 cloves garlic, minced
1/2 c. squash puree
1 (28 oz.) can diced tomatoes
1 (6 oz.) can tomato paste
1/2 tsp. salt
2 tsp. Italian seasoning
ground pepper to taste



Heat oil over medium heat in large saucepan. Add onions and garlic and cook until translucent but not brown, stirring occasionally. Mix in the squash, tomatoes, tomato paste and bring to a boil. Lower the heat and simmer for 15 – 20 minutes until sauce thickens. Cooked meat (hamburger, ground turkey etc.) can be added before serving. **Note:** for a smoother sauce, puree with a handheld blender in the saucepan or blend tomatoes in a blender or food processor prior to adding to the saucepan. Serve with your favorite cooked pasta.

Yield: 4 cups sauce; 16 servings

Serving Size: (1/4 cup) sauce is a serving of fruit/vegetable for a 3-5 year old.

Credit: Adapted from *The Sneaky Chef*

Zesty Southwestern Dip

1 cup sour cream, reduced fat
1 cup refried beans, fat-free
1 pkg. dry zesty ranch dip mix

Blend sour cream and refried beans together. Stir in dip mix and refrigerate. Serve as a dip with raw vegetables.

Yield: 8 servings

Serving Size: One serving is (1/2 oz.) serving of meat for a 3 - 5 year old at snack

Credit: Adapted from Hidden Valley

Cottage Cheese Dip

1 (24 oz.) container of cottage cheese
1 pkg. dry ranch dressing/dip mix
milk, to thin dip if needed

Blend cottage cheese to desired consistency. Stir in dip mix and refrigerate. Serve with raw vegetables.

Yield: 24 servings

Serving Size: 1 serving is a meat alternate (1/2 oz.) at snack for a 3-5 year old.

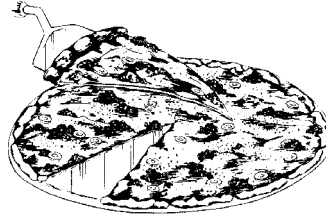
Credit: Stacey Wixo, Area Coordinator



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Mini-Mexican Pizza

2 English Muffins, preferably whole wheat
1/2 cup fat free refried beans
salsa
chopped onion, optional
black olives, optional
1/2 cup shredded cheese
shredded lettuce



Split muffins; toast lightly. Spread beans on toasted muffin halves. Sprinkle with cheese. Broil until cheese is melted about 2 minutes. Garnish with salsa, olives, onion and shredded lettuce.

Yield: 4 servings

Serving Size: One serving is a meat (1/2 oz.) and a grain/bread for a 3- 5 year old at snack.

Credit: Team Nutrition

Orange Tree Salad

1 large bunch fresh broccoli, broken into florets (about 3 cups)
11 oz. can mandarin orange segments, drained
1/2 c. chopped red onion or 1 onion sliced and separated into rings
1/2 c. low-fat or fat-free French salad dressing

Wash broccoli well and separate into florets. Add oranges and onions. Toss with dressing and refrigerate at least 30 minutes before serving.

Yield: 12 servings.

Serving Size: One (1/4 cup) is serving is one serving of fruit/vegetable for a 3-5 year old at lunch/supper.

Credit: NDSU Extension

B. Smart Graham Delights

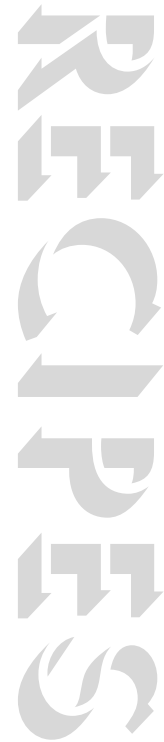
1 large graham cracker (2 squares)
peanut butter or fruit flavored cream cheese
assorted cut fruit

Spread cracker with either peanut butter or cream cheese. Let the children top their graham cracker with fruit pieces of their choice. Enjoy.

Yield: 1 serving

Serving Size: One cracker is a grain/bread serving for 3 - 5 year old

Note: Not enough fruit to meet fruit portion at snack.



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Superman Sweet Potatoes

3 medium sweet potatoes (about 1 pound) or 1 (18 oz.) can of sweet potatoes, drained
3 Tbsp. brown sugar
1/8 tsp. ground ginger
8 oz. can peach slices, drained
1 Tbsp. butter or margarine

Cook fresh sweet potatoes, covered, in enough boiling water to cover for 25 to 35 minutes or until tender. Drain and cool slightly. Peel and cut into 1/2-inch thick slices. Mix brown sugar and ginger. If using canned sweet potatoes, cut them into slices. In a 1-quart casserole, layer half of the potatoes, half the peach slices, half of the brown sugar mixture and half of the butter. Repeat layers. Bake in 375 degree oven for 30 to 35 minutes until potatoes are glazed. Spoon liquid over potatoes twice during baking.

Yield: 10 servings

Serving Size: 1/4 cup is one serving of fruit/vegetable for a 3-5 year old at lunch supper.

Credit: NDSU Extension



Fruit and Yogurt Cone

assorted chopped and drained fruits
fruit flavored yogurt
ice cream cones

Prepare and cut up fruit into bite sized chunks. If using canned fruits, drain thoroughly. Mix together the fruit chunks in a bowl. Place fruit flavored yogurt in a squeeze bottle. Give each child an ice cream cone and let them layer fruit and yogurt squirted from the bottle into the ice cream cone until full to the top. Eat immediately.

Yield: One serving

Serving Size: One fruit cone is a fruit serving (1/2 cup) for a 3-5 year old at snack.

Credit: Providers Choice Staff

