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Are you having trouble getting your kids to eat healthy foods?



Here are 6 simple tricks to get them trying and enjoying fresh whole foods.

1. **Let them pick out their choice of one fruit and one veggie each time you shop.** Get curious with your child and ask them how they like to eat that food.. Raw, cooked, blended, or in a certain recipe?
2. **Feed them their favorite veggies when they are hungry!** Before a meal is the best time. Right when your child starts opening the cabinets and fridge milling around for a snack. Be ready with carrots and hummus or almonds with some mini chocolate chips mixed in. My kids favorite is sliced cucumbers with lemon and rock salt on top.
3. **Ask your child on the way to school what kids of protein/ meat they would like for dinner.** Make suggestions to help guide them. Chicken fingers, tacos, pork chops, salmon?? Once you get an answer, you can bet your child will think about that dinner and get excited for it throughout the day.
4. **Dare them as an act of courage to try a new food.** If you have multiple children this can be a fun sibling challenge. Who will try dad's new recipe for brussel sprouts??

5. **Related to number 4, be sure and season your veggies and meat for kids.** Salt and pepper, lemon juice, dill, a dash of garlic salt, maybe a sprinkle of brown sugar and not much more for a child's sensitive taste buds. Anything overly spicy will create a negative response. More on seasoning later.
6. **Eat fruits and veggies yourself.** Kids will be curious about what you are eating and why you have not offered to share. "It must be really good if mom or dad didn't offer me a bite right away!", Let them come to you. :)

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