Help kids enjoy fruits and vegetables safely.

- Wash fresh fruits and vegetables before eating them.
- Cut them up into small pieces the size of a dime. Big pieces of food can cause children to choke.
- Cut round foods like grapes, cherry tomatoes, or large blueberries into fourths.
- For hard to chew vegetables like carrots, cook them first or use canned.
- Use ripened fresh fruit or canned fruit.
- Make sure children sit down to eat - no running or playing. Stay with them while they eat, just in case.

Websites & Links

For ideas about feeding kids, visit Ellyn Satter’s website at:
http://www.ellipsisatter.com

For nutritious recipes, visit:
http://healthyrecipes.oregonstate.edu

Offering Fruits & Veggies to Young Children

Help them grow up healthy!

For more information or to request this brochure in alternate formats, contact the Fruit and Veggie Program Coordinator for Oregon at 971-673-0984.

The Fruit and Veggie Program Coordinator for Oregon at 971-673-0984.

Help kids enjoy fruits and vegetables safely.

Offer foods your child can easily chew and swallow.

Chewing skills to grind up hard vegetables don’t fully develop until four years old.

57-741-ENGL (05/2007)
Fruits and vegetables are an important part of your child’s diet. Try these tips when offering fresh, frozen or canned fruits and veggies at meal and snack times:

- Include familiar and favorite foods along with new fruits and vegetables.
- Let little ones decide what they will eat and how much. Offer fruits and vegetables, but don’t make kids taste or eat them.
- Give toddlers only a tablespoon at a time. Let them have more if they want.
- Let preschoolers serve themselves. Encourage them to dish out two or three tablespoons. Let them have more if they want.
- Keep offering! It may take 10 tastes of a food at different meals to get used to a flavor.

Choose colorful fruits and vegetables to provide the variety of nutrients children need.

**Fruits**
- Thinly sliced peaches, pears, plums, nectarines, kiwi or melons
- Grapes, berries or pitted cherries cut into fourths
- Orange or grapefruit sections cut into small pieces
- Shredded or thinly sliced apple

**Veggies**
- Small pieces of steamed vegetables like carrots, broccoli or green beans
- Cooked and diced yams or sweet potatoes
- Finely diced bell peppers (red, green or yellow)
- Shredded raw carrots or cucumber

Children learn by watching grown-ups or older kids eat fruits and vegetables. Sit down and eat together... it really helps!

Encourage your child to be a kitchen helper. As they are able, let them help you prepare fruits and vegetables.