

## 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 vegetables like carrots that are hard to chew, 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.ellynsatter.com>

For quick, tasty and healthy recipes, visit:  
<http://www.foodhero.org>



**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 (03/2016)

Help them grow up healthy!



## Offering Fruits & Veggies to Young Children



For more information or to request this brochure in alternate formats, contact the Fruit and Veggie Program Coordinator for Oregon at 971-673-0040.

Oregon Health Authority



[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## Help children learn to love fruits & vegetables.

**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:**

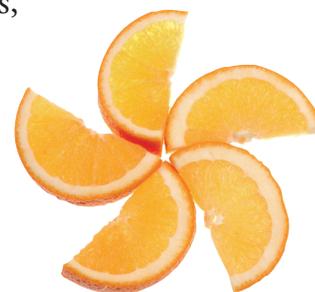
- Include familiar and favorite foods along with new fruits and vegetables.
- Let little ones decide what they will eat and how much. Offer fruits and vegetables, but don't make kids taste or eat them.
- Give toddlers only a tablespoon at a time. Let them have more if they want.
- Let preschoolers serve 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.**