

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

*Ideas For Eating Better For Less . . . .*

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## Kids & Veggies are Better Together

**Help your child eat smart & play hard.  
Serve veggies at meals and snacks.**



- Set a good example. Make sure your child sees you eating veggies.
- Children are more likely to eat veggies they help to prepare. Give them small jobs helping to prepare veggies.

2-3 year olds:

- scrub veggies
- tear lettuce
- snap green beans

4-5 year olds - **All that a 2 & 3 year old can do plus:**

- mash soft veggies like cooked potatoes and beans
- stir veggies or mix into other foods
- top pizza with cut-up veggies

- Encourage your child to eat a variety of veggies by choosing different colored veggies each day.
- Prepare veggies different ways - raw or cooked; plain or mixed with other foods. Children like to dip fresh veggies into low-fat salad dressings and dips.

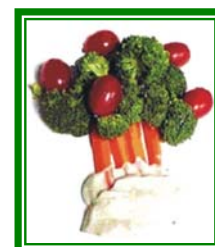
### **Honey-Mustard Dipping Sauce** Makes 4 servings (8 Tablespoons)

1/4 cup fat-free plain yogurt  
1/4 cup low-fat sour cream

2 teaspoons honey or corn syrup  
2 teaspoons spicy brown mustard

1. Mix all ingredients together.
2. Serve with fresh veggie sticks. For fun, make a veggie tree with fresh veggies and dip.
3. Store in a covered container in the refrigerator.

Note: One serving is 2 tablespoons of dip.



NUTRITION FACTS (per serving) - Calories 35 ~ fat 0 g ~ calories from fat 0 ~ sodium 45 mg ~ total carbohydrate 6 g ~ fiber 0 g

### **Curry Dip** Makes 16 servings (2 cups)

1 cup fat-free sour cream                      1 tablespoon curry powder

1 cup fat-free plain yogurt

1. Mix all ingredients together.
2. Serve with fresh veggie sticks.
3. Store in a covered container in the refrigerator.

Note: One serving is 2 tablespoons of dip



NUTRITION FACTS (per serving) - Calories 20 ~ fat 0 g ~ calories from fat 0 ~ sodium 20 mg ~ total carbohydrate 4 g ~ fiber 0 g

## **Veggie Tips For Your Family**

- Have veggies ready-to-eat for easy snacking. Put washed and cut-up fresh veggies in the refrigerator where your child can see them.
- Be creative in adding veggies to your family's meals:
  - Toss cooked veggie pieces with cooked pasta and Italian dressing.
  - Add cooked or canned veggies to canned soups.
  - Mix cooked or canned veggies to rice or bean casseroles.
  - Top pizza with chopped vegetables.
- Children eat more fruits and veggies when meals are eaten together as a family.
- Encourage your child to try new veggies. Do not force your child to eat. It may take many times offering a new food before a child will taste it.

