



What Incredible Choices

Montana WIC Program

1-800-433-4298

2-A

Raising Children Who Love to Eat Vegetables

Here's some great news for families. It's possible – even easy – to raise kids who enjoy eating a wide variety of vegetables. The secret is to never bribe or threaten them about eating vegetables (or any other foods). Here's what you can do.

Enjoy a variety of vegetables yourself.

The most important thing parents, grandparents, and caregivers can do for children's eating is to model healthy habits. If you eat vegetables, kids will see it as the normal thing to do. No need to make a big deal, just make vegetables a tasty part of family meals.

Cut up vegetables for meals and snacks.

Kids often prefer the taste of raw vegetables. Serve a plate of bite-sized items – like carrots and celery sticks – at dinner or snack time. Add some low-fat Ranch dip and everyone can naturally get into a crunchy, healthy habit.

Serve bright, colorful vegetables.

Everyone eats with their eyes first. Bright and colorful vegetables are more appealing, while overcooked, mushy ones are likely to be refused. Keep cooked vegetables brightly colored and crunchy – by steaming or microwaving for just a few minutes.

Be adventurous with vegetables.

When kids see vegetables as tasty and fun, they are more likely to eat them. Cutting vegetables into fun shapes – like broccoli trees – is an easy way to make nutrition fun. Try tasty recipes, like those from the WIC Program.

Grow a family vegetable garden.

Savvy adults know that the taste of freshly picked vegetables can't be beat. Kids love to pick and eat things they have grown. Delicious vegetables can be grown in a container on the porch, a backyard plot, or your local community garden.

How can you help your family eat more vegetables?



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2-B

Oranges, Tangerines, Grapefruit, and Other Citrus Varieties



Sweet citrus fruits are an excellent source of vitamin C.

HOW TO CHOOSE

- Select citrus fruit with skin that is firm and smooth.
- Avoid fruit with bruises or soft spots.
- Look for fruit that feels heavy for its size.

HOW TO STORE

- Citrus fruit can be stored at room temperature for 1 to 2 days.
- In a refrigerator, citrus fruits will do well for up to three weeks.

NUTRITION FACTS

- All citrus is high in vitamin C. Red grapefruit are also high in vitamin A.
- Citrus is also low in calories, as well as fat and cholesterol-free.

Fun ways for your family to enjoy oranges, tangerines, grapefruit, and other citrus



- Add juicy orange or grapefruit segments to a green salad with berries, a few walnuts, and low-fat dressing.
- Include tangerine or tangelo pieces in a fruit salad with apples, bananas, and pears.
- For a creamy snack, mix small pieces of citrus fruit with lemon or lime-flavored low-fat yogurt.
- Citrus fruit are tasty whole and when sliced or cut into quarters. Just peel and eat!

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2-C

Broccoli, Broccolini, Cauliflower, and Broccoflower



You are eating flowers when you eat these vegetables.

HOW TO CHOOSE

- Choose compact, firm heads with tight flowers.
- Avoid heads with brown spots or wilted leaves.
- Try a smell test; avoid those with a strong odor.

HOW TO STORE

- Store unwashed heads in plastic bags in a fridge drawer for 4 to 5 days.
- Wash only when ready to eat or cook the vegetables.

NUTRITION FACTS

- All these items are very low in calories, as well as sodium and cholesterol-free.
- They are high in vitamins A and C as well as fiber and potassium.

Easy ways for your family to enjoy broccoli, broccolini, cauliflower, and broccoflower



- Eat the stalks too! Peel and eat raw or slice into a vegetable soup or casserole.
- Quickly steam or microwave florets; toss with olive oil, cooked pasta, and chopped tomatoes.
- Make broccoli slaw (grate it and add dressing) or buy it all ready in the bag.
- Dip delicious little broccoli trees into some low-fat Ranch – crunchy and oh so good for you!

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2-D



Broccoli and Red Pepper Stir-Fry

INGREDIENTS:

- 2 teaspoons olive oil or canola oil
- 2 large cloves of garlic, peeled and finely chopped
- 3 cups broccoli florets
- 2 tablespoons water
- 1 large red pepper, washed, cored, and cut into short strips
- 1 medium onion, peeled, cut in half, and then into thin slices
- 1 tablespoon lemon juice (fresh squeezed or bottled)
- ½ teaspoon salt

INSTRUCTIONS:

1. Prepare all ingredients before starting to cook.
2. Heat oil in large skillet over HIGH heat. Add garlic and sauté only until slightly cooked; do not brown.
3. Immediately add broccoli. Stir-fry continuously until all broccoli has turned to a bright green color.
4. Add water, cover and remove from heat for 2 minutes. Return skillet to HIGH heat.
5. Add red pepper and onion. Continue to cook, stirring for another 2-3 minutes. Vegetables will be crisp and brightly colored.
6. Toss with lemon juice and salt and serve.

YIELD: 4 servings

NUTRITION ANALYSIS

Serving Size: 1 cup
Calories: 61
Total Carb: 9 g
Dietary Fiber: 3 g
Protein: 2 g
Total Fat: 2.7 g
Calories from Fat: 35%
Saturated Fat: 0.3 g
Trans Fat: 0.0 g
Calcium: 44 mg
Sodium: 308 mg
Iron: 0.75 mg

IDEAS/SUBSTITUTIONS:

- Substitute frozen broccoli or frozen mixed stir-fry vegetables for fresh. Use green, orange, or yellow peppers instead of red.
- Add cooked lean protein, like beef or chicken, for a complete meal. Serve with your favorite whole grain – brown rice or Montana-grown bulgur (cracked wheat), barley, or wheat pasta.

SOURCE:

Adapted and used with permission of Fruits & Veggies – More Matters®. Recipe appears courtesy of Produce for Better Health Foundation (PBH). Find this recipe and more at www.fruitsandveggiesmorematters.org.



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