

Getting More Fruits & Veggies into Kid's Diets!

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U. S. Dietary Guidelines, 2010

- **Balance Calories** – Aim for healthy weight
 - Enjoy your food but eat less
 - Avoid large, over-sized portions
 - Be physically active daily
- **Foods to Increase**
 - *Make ½ your plate fruits & vegetables*
 - Make ½ your grains whole grains
 - Drink milk and switch to fat-free or low-fat (1%), or drink milk substitutes (Soy, Almond or Coconut)



U. S. Dietary Guidelines, 2010



- **Foods to reduce**

- Eat less foods high in solid fats, added sugars & sodium

- Total fat less than 30% of total calories
- Total sodium: 1500 mg daily for adults & by age for kids
 - <1500 mg for < 1 y.o. and 1900 mg for ages 4 - 8
- Compare sodium in foods like soup, bread, frozen meals and choose foods with lower sodium numbers.

- Drink water instead of sugary drinks.



Increasing Fruits & Veggies

- Eat a rainbow of colorful **fruits** & **veggies!**
 - There's over 200 different fruits & veggies to enjoy!
- Veggie subgroups
 - Dark green
 - **Red/Orange**
 - Legumes
 - **Starchy**
 - Other



Resource:

<http://www.fruitsandveggiesmorematters.org/>

Eating your veggies by color!

Dark Green

- Broccoli
- Chard
- Collard, turnip, mustard greens
- Dark green leafy lettuce
- Kale
- Romaine lettuce
- Spinach

Red/Orange

- Acorn squash
- Butternut squash
- Carrots
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes/tomato juice



Eating your veggies by color!

Legumes

- Black beans
- Black eyed peas
- Garbanzo beans
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Split pea
- White beans

Starchy

- Corn
- Black eyed peas
- Green bananas
- Green peas
- Green lima beans
- Jicama
- Plantain
- Potatoes



Eating your veggies by color!

Other

- Artichokes
- Asparagus
- Avocado
- Beets
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green Beans
- Green Pepper
- Ice Berg Lettuce
- Mushrooms
- Onions
- Pea Pods
- Turnips
- Zucchini



How much fruits & veggies do kids need?

Age	Fruit (girls)	Fruit (boys)	Vegetables (girls)	Vegetables (boys)
2-3	1	1	2 1/2	2 1/2
4-8	1 1/2	1 1/2	2 1/2	2 1/2
9-11	2	2	5	5
12-18	2	2	5	5 1/2

Increasing Fruits & Veggies

- **1 serving of fruit** is 150 grams or equal to one medium-sized fruit (apple) or 2 smaller pieces (apricots)
- 1 cup canned or chopped fruit
- ½ cup (125 ml) of 100% unsweetened fruit juice or 1 ½ Tbsp. dried fruit

- **1 serving of veggies** is 75 grams (1 cup raw) or equal to ½ cup cooked veggies:
 - ½ medium baked potato
 - 1 cup salad veggie
 - ½ cup cooked legumes (beans, lentils, peas, etc.)



Increasing Fruits & Veggies in Meals

- Make it fun! Make it easy! Make it yummy!
 - Mickey Check – Disney Land’s commitment to kid’s health!
- “Stealth Health”
 - Look at what you currently cook and ask “can I add fruits or veggies to it?”
- Website: <http://family.disney.com/mickey-check-recipes>



Baking

- **Make any batter- *pancakes, muffins, waffles, muffins or quick breads* - better by adding fruits or vegetables:**
 - Grated zucchini
 - Pureed pumpkin
 - Shredded carrots
 - Stir in grated apples or pears
 - Mix in any berry into batters
 - Dried fruits whole or chopped

All give added flavor and nutrients!



Your blank canvas:

Tortilla's, pita bread, wraps/flat bread, or English muffins:

- Buy whole wheat, corn, or for variety veggie enhanced – spinach, tomato wraps
- Burritos – fill with meat, beans, or eggs & load up with veggies!
- Wraps – start with deli meat, veggies & “flavoring”
- Quesadillas – wraps only grilled!



Your blank canvas...Veggies in a patty!

- ***Veggie nuggets*** – cauliflower or broccoli – cooked & processed
- ***Zucchini cakes*** (with red pepper puree) – grated zucchini
- ***Potato cakes*** w/grated carrots
- ***Cauliflower cheese cloud*** – cooked cauliflower with soufflé base!
- ***Falafel's*** – chick pea patties

Reference: “365 Foods Kids Love To Eat,” Sheila Ellison & Judith Gray (Second Edition)

Your blank canvas...Fruit & Veggie Kebabs with

Dips - Veggies

- White bean dip
- Greek hummus
- Guacamole
- Pesto
- Salsa
- Veggie & spinach dip



Dips - Fruits

- Greek yogurt dip
- Cookie dough dip – Greek yogurt & choc chips
- Cinnamon Crunch dip
- Peanut butter dip
- Flavored cream cheese – w/strawberries, blueberries

Your blank canvas...

Eggs, eggs, & eggs

- Mini quiches
- Cheese & Whatever Quiche
- Spinach squares
- Veggie pie (Bisquick)
- Veggie cheese cake
- Frittata's – great way to get more spinach into kids!





Your blank canvas...

- Meatloaf – Confetti Veggie Meatloaf
- Baked potatoes – veggie toppings bar
- Rice and pasta salad – hot & cold
 - Spaghetti squash w/meat spaghetti sauce
 - Ambrosia Rice
 - Warm rice & blueberries
- Veggie salads
 - Layered veggies kids create on own plate
 - Broccoli slaw



Your blank canvas...Fruit

- Seasonal fruit medley – diced small for kids!
- Grilled bananas – made in oven
- Caramel apple chunks – made in oven
- Berries & Cream – fresh berries topped with plain Greek yogurt & a dash of brown sugar
- Ring around Jello – pineapple & grated carrots
- Crunchy apple salad – apples & pineapples

Reference: “Lickety-Split Meals” Zonya Foco



Your blank canvas...Smoothies

- All you need is a good blender or hand blender!
 - Do not load up on fruit juice and sugar
- The Hulk – Green Smoothie – spinach or kale
- Big Athlete Smoothie – yogurt, milk, blueberries, banana, vanilla, & quick oats
- Bugs Bunny Smoothie – cooked carrots!
- Peaches & Cream, Strawberries & Cream, etc.
- In the summer, use smoothie recipes to make homemade popsicles!

Reference: “The Best Homemade Kids’ Lunches On The Planet,” by Laura Fuentes



Your blank canvas....Soups

- Any soup recipe can be made more nutritious by
 - adding shredded carrots, celery, diced bell pepper, fresh chopped spinach, chopped broccoli, diced zucchini, cubed sweet potatoes, cubed squash, etc.
 - ½ cup chickpeas, kidney beans or black beans
 - for kids who risk of choking – puree soups and use beans as thickeners!



Will they eat it?

- **Ellyn Satter's Division of Responsibility**
 - Parent/care providers are responsible for the – what, when, where & how of food
 - Children are responsible for the – How much & whether they eat
- **It can take up to 20 exposures of a food before acceptance!**
- **Two Bite Club – current best practice from CDC on how to approach picky eaters.**

Helpful Resources:

www.chooseMyPlate.gov – Youth

www.cacfp.org/ - National CACFP Association

www.fns.usda.gov/ - USDA's Food & Nutrition Service

Thank you!