

Time for Manitoba Grown Fruits and Vegetables!



The Benefits:

Adding in season vegetables and fruit into your diet can be an economical way of adding crunch, different tastes/textures, flavor and pleasure into your next meal and snack time.

Foods from this food group are an important source of fibre and vitamins which all have a positive impact on our wellbeing.

While nothing can beat the taste of fresh and in season fruits and vegetables, frozen and canned options of these foods provide an economical and nutritious option when fresh is not available.

“I tried it – I do not like it!” – Helping Kids Explore Different Tastes and Textures

Parents/caregivers who enjoy these foods themselves and make these foods available, will, overtime, have children who are more willing to explore new tastes and textures – make family mealtime an enjoyable experience!

Do not pressure kids to eat new foods – telling them that it is good for them, bribing or cheering them on, has the opposite effect.

Be patient, it can take up to 15 - 20 different introductions of a food before liking it.

Tips for adding fruits and vegetables into meals and snack times:

- Top breakfast cereal with berries or other local in season fruits
- Try a new fruit or vegetable each week
- Pack pieces of fruit and raw vegetables with your lunch
- Dress up sandwiches with grated carrot, different lettuces, tomatoes, cucumber and onion
- Try to eat 1 dark green and 1 orange vegetable daily
- Include 1-2 kinds of vegetable/fruit at every meal and snack
- Add spinach or kale to smoothies
- Dress up an apple by spreading a favourite nut butter
- Make a fruit salad with the kids
- Choose whole vegetables and fruit more often than fruit juice
- Involve children in shopping and preparing these foods

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For more information on healthy eating for young children:

- *Dial-a-Dietitian* 1-877-830-2892
- <http://www.caringforkids.cps.ca/>