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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**8 Fun Ideas To Get Your Kids To Eat Their Veggies**

**By Susanne Myers**

Do you have trouble getting your kids to eat their veggies? I sure do.

My daughter used to be great about trying and eating just about anything...and then she turned 2 ½. Now it is pretty much impossible to get her to eat anything other than corn when it comes to vegetables. So I had to come up with some fun and sometimes sneaky ways to get some veggies in her. Here are a few of my favorites.

- 1) Make big pot of vegetable soup, and then add some fun noodle shapes. You can use alphabet noodles or look for some fun novelty shapes. You may be able to find some cartoon characters, toy and sports shapes etc. I have even seen pumpkin and Christmas tree shapes. With a little luck your kids will be too busy spelling words, or identifying the shape to notice all the veggies they are eating in the soup.
- 2) If you can't make them eat it, make them drink it. Pour some vegetable juice over ice and add a straw, a cocktail umbrella or a stick of celery and watch them drink it up. Your kids may not get as much fiber as eating the entire vegetable, but getting them to drink their vegetables is better than not getting any vegetables in their system.
- 3) Have you tried offering them some raw vegetables with some ranch dressing to dip them in? Many kids who don't care much for cooked vegetables will eat them up if they can dip them. Just grab a bag of baby carrots and cut up some red and yellow peppers and some cucumber. Arrange them on a plate with a little bit of ranch dressing or your favorite vegetable dip on the side.
- 4) Take it even a step further and let them create artwork out of their vegetables. Offer raw vegetables in different colors and shapes and encourage them to make a vegetable collage on their plate. You can easily make a face using slices of cucumber as eyes, a baby carrot as nose and a slice of red pepper as a mouth. You can use watercress or shredded carrots or even some cheese as hair. Before you know it, you'll find them sampling their "art supplies".
- 5) To get them to eat more vegetables at dinnertime try a little salad bar. Put out some lettuce, some sliced or chopped tomato, slices of cucumber, shredded carrot, slices of red and yellow peppers, small

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broccoli flowerets and anything else you can think of. You may also want to offer them some choices when it comes to salad dressing. Favorites in our house are Ranch, Italian, Catalina, and French. To top it all of set out some croutons and shredded cheese.

6) Get the kids together and make a cold vegetable pizza. Start out with a can of crescent rolls. Unroll the dough, but don't pull the triangle shapes apart. Instead push the seams together and bake on a baking sheet according to the package directions. Let the sheet of dough cool completely, then spread with some crème cheese (we like a vegetable or herb flavored one) and top with some thinly sliced raw veggies. Cut into squares and serve.

7) Get them involved in the kitchen especially when it comes to cooking. Ask them to wash the vegetables, if they are old enough let them cut veggies (under your supervision of course), let them help you stir, or anything else you can think of that would be age appropriate. You'll be amazed at how

proud they will be of their finished product. Believe me, they'll try just about anything if they made it.

8) If everything else fails, hide the vegetables in other food. My mom used to make us some special orange mashed potatoes. We thought it was very fancy, but all she did was to cook some carrots with the potatoes and mashed them right in there. You can also cover broccoli with tomato sauce or cheese. Think of a dish your child really enjoys and sneak a little bit of vegetable in there.

Give a few of these ideas a try and see which ones work best for your children. Keep at it and sooner or later they will start to develop a taste for vegetables.

Susanne Myers together with Christine Steendahl, owns and publishes the Healthy Menu Mailer. Each week, we provide you with 7 dinner recipes. Sign up for a free sample menu at

<http://www.healthymenumailer.com/sample-newsletter-signup.html>

### **Healthy Foods That Your Kids Will Love**

**By Angela Tyler**

Is getting your kids to eat healthy foods is a battle in your home? If so, you'll love these tips that will make your kids happy and give you the satisfaction of knowing you are feeding them foods that are good for them.

#### **Start the Day Right**

You can give your kids a delicious, healthy breakfast by getting rid of the ready to eat cereals and pastries and replacing them with bran pancakes and low-sugar syrup and/or fruit. Whole-wheat tortillas filled with fruit, scrambled eggs, or cheese and turkey bacon are delicious and your kids will have fun eating them, paying no attention to the fact that it is actually good for them.

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### Naturally Sweet

Most kids will ask for sweets such as candy and snack cakes. Instead of giving in to the pressure, give your kids applesauce and homemade oatmeal cookies prepared with a sugar substitute or honey rather than white sugar. Fruit snacks and dried fruit roll ups made from 100 percent fruit are great ideas for kids. Replace fruit drinks and sodas with flavored tonic water and fresh fruit juice. Drink boxes containing pure fruit juice are relatively inexpensive and kids love the individual boxes, complete with straws.

### Make it Fun

The secret is in the presentation. Arrange an assortment of healthy foods in a fun way on your child's plate. You can include smiley faces made from raisins or nuts and choose foods that are colorful. Kids will eat most things if they are presented in a unique design that makes eating fun.

### Healthy Dinner

Dinnertime can include homemade pizza topped with cheese and vegetables, or soft tacos made with shredded chicken and cheese. Chicken strips prepared in the oven are always a hit and you could include an assortment of fresh vegetables and whole-grain breads. Fish sticks are relatively healthy if you prepare them in the oven rather than fried. Cheese and legumes are healthy choices.

It's not difficult to get kids to eat healthy foods. It just takes a little extra thought and planning. Start by using our tips and you may be surprised to see what your child will eat.

Would you rather spend time doing the things you love rather than being stuck in the kitchen?

<http://www.freequickrecipes.com>

has quick recipes for mothers... and others. And, if you are looking for fun exercise videos for your kids, don't miss

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