

Getting Your Preschooler to Choose More Fruits and Vegetables

As we all know, preschoolers can be very picky eaters. Fruits and vegetables are important for the health of our children, so how can we get them to eat more fruits and vegetables and enjoy them? It's not easy, but it's possible—and rewarding!

Perhaps the biggest influence on our children's diets is modeling healthy eating for them. They look up to us as role models, and we are in the position to encourage them to eat more fruits and vegetables by eating them ourselves. Also, it's our job to provide them with opportunities to try fruits and vegetables. Even if they don't actually try the foods we give them, just giving them the chance to on multiple occasions without forcing them to do so can make them willing to try eventually. Be patient and willing to try lots of different fruits and vegetables and preparation techniques to get them interested. Make sure fruits and vegetables are always available to them and eventually they may choose those foods on their own.

Involving our children in the cooking process, from planning to eating together as family, can also increase their willingness to try fruits, vegetables, and any new foods. Preschoolers can help with simple cooking tasks, like washing fruits and vegetables and measuring and stirring ingredients. Make mealtimes together inviting, letting children decide what foods and how much of them they'll try. Again, always have a fruit and vegetable available for them to try—even if they've said before that they don't like it. We never know what day they'll decide to try a fruit or vegetable they've turned down before!

Raising preschoolers can be tough, but we can make feeding them a little easier. Let's promote a positive eating environment full of fruits and vegetables to help our children grow healthy and strong!

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