

FIT KIDS!

ECEAP/Head Start Parent Newsletter

Issue # 4

I Eat Vegetables!

Vegetables Are Good To Eat!

Vegetables are rich in vitamin A, which helps keep eyes, skin and bones healthy. Vegetables are a good source of fiber and potassium too—both important for a healthy body.

It's a good idea for your child to eat about 1 to 1-1/2 cups of vegetables every day. A portion of vegetables for young children is one tablespoon per year of age. An older child or adult's portion size is:

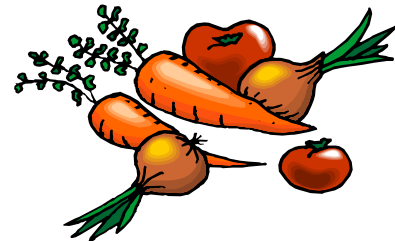


- one-half cup cut up vegetables (canned, fresh or frozen)
- one-cup of leafy vegetables, like lettuce
- 1 cup of vegetable juice

Vegetables Taste Great!

Provide your child the chance to try several different types of vegetables

when they're young. Remember not to force them to eat them. Just introduce them and make it fun. Call them a Giraffe when they are eating spinach "leafs" for the first time. It is also a great time to teach your child colors when eating vegetables. Vegetables are so bright and colorful!



Add flavor to lightly cooked vegetables with a no-salt seasoning, such as Mrs. Dash, and a sprinkle of lemon juice. Or make a dip out of plain yogurt and dried onion soup mix or ranch dressing mix. Or drizzle a favorite salad dressing over them. Vegetables taste great!





Just Do It!

Try these ideas for making vegetables an interesting snack.

- Wash veggies such as broccoli, bell peppers and cauliflower. Cut into strips or pieces. Add a few baby carrots. Put this colorful mixture in small plastic baggies. Put in the refrigerator where kids will see and grab them for a snack. (Prepare the vegetables in a way that does not pose a choking risk—e.g. no carrot rounds. For younger children, lightly cook the vegetables to make them soft.)
- Put cucumber slices on a whole wheat cracker such as Triscuit or Rye Crisp, along with a slice of reduced-fat cheese.

Did You Know?

Children learn what they see. When your kids see you eating and enjoying vegetables, they will too! If you say "Yuck," your child will too. Set a good example—maybe you'll start to like a few new vegetables yourself! Yum!

Families On The Move!

Regular physical activity makes your child healthier in these ways:

- ✓ Helps build and maintain healthy bones, muscles, and joints.
- ✓ Helps control weight.
- ✓ Builds healthy muscles.
- ✓ Reduces body fat.
- ✓ Keeps blood pressure normal.
- ✓ Keeps blood sugar levels more stable

Make sure your child has a safe place to play and be active. Aim for 60 minutes or more of active play every day for children, (and 30 to 90 minutes of physical activity for adults).



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 ext 6264, jlevenson@wsu.edu at least two weeks prior to the