



## Kids Who Won't Eat Vegetables

**Q** If my child won't eat vegetables, will they miss out on key vitamins and minerals?

**A** There are a lot of healthy kids who won't eat vegetables. Many children prefer the sweeter taste of fruit over vegetables. Fruit can be a good substitute until your child slowly develops a taste for vegetables. Fruits are similar to vegetables in terms of vitamins and fibre content. See below for some examples:

Nutrient	Vegetable Source	Fruit Source
Vitamin A and Carotenoids	Carrots	Apricots, Cantaloupe
Folic Acid	Spinach	Strawberries, Oranges
Potassium	Potatoes	Bananas, Oranges, Dried Apricots
Vitamin C	Broccoli	Citrus Fruit, Kiwi, Strawberries



**Continue to offer vegetables to your child and try the following:**

- Aim for five servings a day, whether from fruit or vegetables.
- Have kids help choose vegetables when shopping.
- Encourage your child to help prepare vegetables for meals.
- Serve vegetables in a variety of ways, some prefer the crunchiness of raw vegetables while others like the softer texture of steamed vegetables (try vegetables with dip, in soups, stir-fry dishes or wrapped in tortillas).
- Buy vegetables that are in-season for the freshest and most flavourful taste.
- Serve sweeter tasting vegetables such as sweet potatoes or add some brown sugar to squash, turnip or carrots.

- Offer new vegetables with familiar and liked ones (ex: give sweet potato chunks with white potato chunks or have kids make a kabob with new and familiar vegetables)
- Remember kids may need to see a food 10 or more times before they will try it. Be patient.
- Set a good example by eating together and enjoying a variety of vegetables at meals and as snacks.
- Don't make an issue of your child not eating vegetables, over time most kids will learn to enjoy some vegetables.

*Vegetables are full of important nutrients and have other health promoting benefits so keep offering those vegetables and some day your child will discover how delicious they are!*

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