



HEALTHY FOOD AND EATING

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Eat More Fruits and Vegetables: Tips from Research!

- Okay, we know that everybody should be eating more fruits and vegetables, but getting our children to do this—and like it—is not always easy. Here's a “feast” of tips from the researchers. Consider this a healthy buffet meal. Take what works for you and your family and leave the rest!
- Breastfeeding moms: Eat more fruits and veggies and your child will, too. The flavors of those healthy foods will come through your milk so that when it is time to introduce solid foods (around the middle of the first year), the flavors will already be familiar to your baby. Read the study at: <http://pediatrics.aappublications.org/content/120/6/1247.long>
- Baby-led weaning leads to healthier food choices. Babies who begin the weaning process by eating finger foods are more likely to make healthy food choices and less likely to become overweight than those who are spoon-fed pureed foods. Read the study here: <http://bmjopen.bmj.com/content/2/1/e000298.full>
- Baby-led weaning works for most babies—but not all. Children develop at different rates. The ability to pick up those finger foods may not happen soon enough to get needed nutrients from solid foods. This is especially true for some children with special health-care needs. This study suggests combining finger foods with pureed foods to ensure the individual child gets what is needed. Read the study here: <http://onlinelibrary.wiley.com/doi/10.1111/j.1740-8709.2010.00274.x/full>
- Start a meal for hungry preschoolers with fruits and vegetables and they'll eat more of those healthy foods. Read the study at: www.ajcn.org/content/91/5/1237.full
- “Hide” vegetables in recipes to increase the amount of vegetables children eat. This idea is an “oldie.” Mix in pureed vegetables with pasta sauce recipes makes the meal healthier and children will eat more vegetables without knowing it. Read a summary of this study at: www.ncbi.nlm.nih.gov/pubmed/21775554
- Let your children catch you eating more fruits and vegetables and it will become their habit, too! Read more about this study here: www.sciencedaily.com/releases/2008/08/080811200425.htm

