Learning to Love Vegetables One Bite at a Time

It may take up to <u>twenty times</u> of trying a new food before children learn to like it. Encourage your child to take a small bite of a new vegetable every meal. Put a check mark or a sticker on the chart every time your child tries one! Talk to your Dietitian or Doctor about age-appropriate choices.

Helpful Tip: Serve <u>one</u> new vegetable along with something your child likes. Offer it at the beginning of the meal when they are the hungriest!

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	I like it!
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Asparagus														M						1	
Beets					00		3							210	5						
Broccoli														16							
Cabbage	5							4	13												
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Cauliflower	W	1	3					5-1											W	MD.	
Celery								11											M	1/5	
Cucumber								7											HH		
Eggplant					2						9				An-	200					
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Green Peas															1/1	NE	183				
Kale								The state of the s							1		1				
Lettuce								11								VOI!	V				23
Mushrooms			(szo0543 www.distosearch.co					
Peppers		33						\		1			0.								
Snap Peas		SAY) /														(a (3		
Spinach						3												T	2		
Sweet Potato						S. S. S.							3				e	3 B	S		
Tomato						6						philipmorfincom						K			
Zucchini																					

