

# NUTRITION NEWSLETTER

Your guide to supporting children's food choices and healthy eating habits from the Urban Nutrition Service (Flynn Drive Community Health Centre).

## TOPIC OF THE TERM: INCREASING VEGETABLES

Did you know that less than 5% or 1 in 20 Australian adults and children eat their recommended number of serves of vegetables each day?



Scan the QR Code to find out the number of vegetable serves your family needs.

**Help your child eat more vegetables by following the below tips!**

### 1 Involve the Family

- Let children help with food shopping and preparing/cooking meals so they can see, smell and touch vegetables.
- Discuss meals and snacks with children so they can have a choice about what they eat (e.g. veggie sticks or corn on the cob in the lunchbox).
- Eat together as a family, so that children can see other adults and children enjoying vegetables.



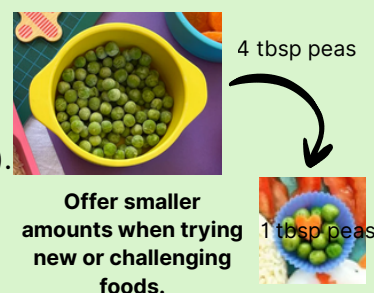
### 2 Plenty of Opportunities

- We cannot expect children to try a food the first time they see it, the food might need to be offered 10-20 times before they actually eat it.
- Offer vegetables with most meals and snacks, for example grated vegetables in pasta sauces or casseroles, salad in sandwiches or wraps, frozen vegetables in fried rice or stews, or cooked vegetables on the side of meat, chicken and fish.



### 3 Keep Trying!

- Offer small amounts of new or challenging vegetables if you think it is unlikely your child will eat a large amount (less food and money wasted!).
- Children can be sensitive to changes to meals and snacks, try making small changes over a couple of weeks and talk to your child about this ahead of time so it does not surprise them.



Scan the QR Code to tell us what you think of this newsletter, and we will send you a free PDF copy of Merne Ketyeye Mob Book (All Kids Food Book)!

