

Hey Parents... Eat Your Fruit and Veggies, Too!

By Kate Scarlata, RD, LDN

Studies have shown that children will mimic what their parents eat, so the key to change is up to you. “Be a good role model by eating your fruits and veggies, too! Actions speak louder than words, and your kids are watching you!” reports Liz Ward, MS, RD and author of *The Complete Idiot's Guide to Feeding Your Baby and Toddler*.

One recent study revealed that the act of simply asking children if they would like fruit or fruit juice with their lunch made the children more receptive to taking a serving of fruit with their meal. In fact, 30 percent more kids selected a fruit option with their lunch when merely prompted. Perhaps simply offering more fruit and vegetables to your children at home would escalate their intake of these nutritious foods. Give it a try! Consider asking questions such as, “Would you like a sliced apple with your lunch?” or “What vegetables should we have for dinner?”

To begin eating a colorful diet at home, start by encouraging your family to share a list of any fruits and/or vegetables that they enjoy or are willing to try. Plan menus around the fruit and vegetable options that you discuss together. Try finding new and interesting ways to eat fruits and veggies. Learn more by reading [Getting Your Child to Like Fruit and Veggies Again](#) and by visiting [Parent Role Modeling](#).

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