

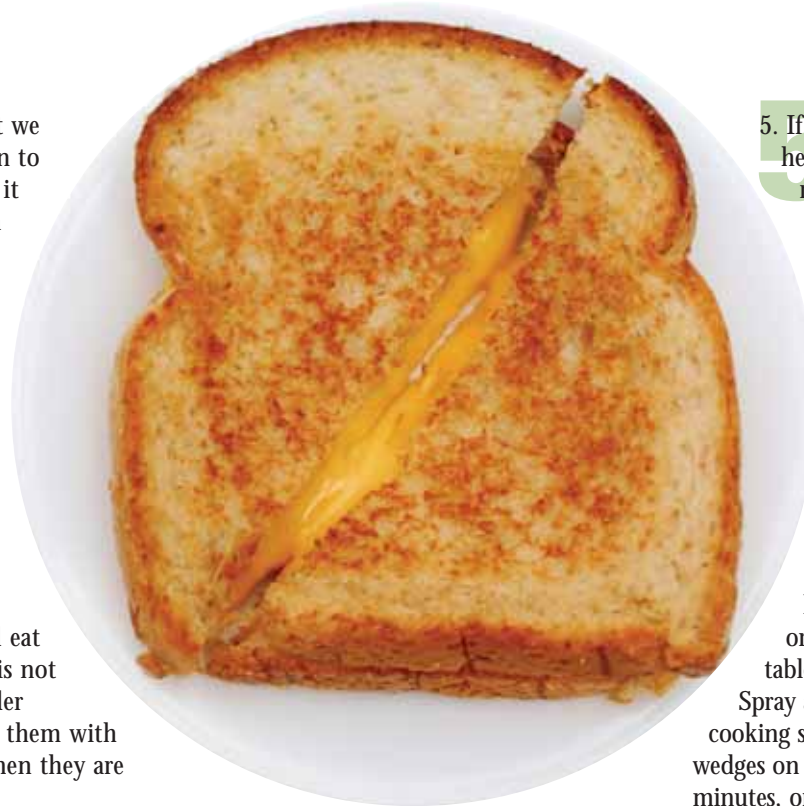
into our child's foods, but we also need to let them learn to like a new food by seeing it in its natural form. When children are exposed to a new food, they may first look at it without tasting it, then they may taste it, but not swallow it, then they may swallow it, but not eat any more. It can be a long, drawn-out process. You must be patient. Don't let the child dictate the family menu, however. They will eat when they are hungry. It is not your job to be a short-order cook, but only to provide them with the healthiest choices. When they are hungry, they WILL eat!

9 WAYS TO GET KIDS TO EAT FOODS THAT ARE HEALTHY:

1. Present one fruit and one vegetable at every meal and snack.

2. When you make up a pot of spaghetti sauce, add a box of frozen chopped spinach, chopped broccoli, carrots, peppers or other vegetable. After you simmer it for awhile, you can process it in a food processor, and no one will ever guess there are healthy antioxidant-containing veggies in the sauce.

3. When making macaroni and cheese, ask your kids if they want their vegetables plain or cheesy, like the macaroni (give them a choice, don't just do it)! You can add frozen mixed vegetables to the boiling pot of macaroni during the last few minutes of cooking. Drain the water and then add only 1 tablespoon of margarine (not the four that the box suggests) or better yet, use olive oil in place of margarine, and add the milk (preferably skim). Start introducing your child to whole-wheat pasta. The sooner they are exposed to it, the more easily they will accept it.



4. When making grilled cheese sandwiches, use reduced-fat cheese and consider NOT using margarine or butter on the bread (preferably whole wheat bread), but instead, use healthy olive oil.

5. If you want your kids to eat healthy cooked dried beans, rinse and drain a can of pinto beans, then blenderize with salsa into a dip and offer with some cut-up fresh vegetables.

6. Instead of the greasy American version of French Fries, fix Oven Fries. For even more added nutrition, use sweet potatoes, but either way, for every four large potatoes cut lengthwise in wedges (peeled or unpeeled), drizzle with one tablespoon canola or olive oil.

Spray a cooking sheet with nonstick cooking spray, and spread the potato wedges on a cooking sheet. Bake for fifty minutes, or until tender. Sprinkle with salt (easy on the salt) and pepper and serve with ketchup. Kids love this!

7. Involve your child in the preparation of the food. They love to eat what they prepared.

