



## Tips to increase vegetables in your child's diet

- Add extra vegetables to stews and casseroles e.g. turnip, celery, parsnip or butternut squash.



- Add extra vegetable to curries e.g. mange tout or baby sweetcorn.
- Top pizza with lots of vegetables e.g. tomatoes, mushrooms, onions, sweetcorn.
- Grate carrot into Bolognese sauce making it more or less undetectable!
- Mash broccoli or another vegetable into mashed potato again to make it less detectable.
- A number of vegetables can be used in homemade soup then liquidised to make it more appealing. Children don't tend to like whole vegetable floating around in a soup but will happily eat soup with well blended vegetables.
- Add vegetables to sandwiches e.g. slices cucumber, cherry tomatoes, lettuce, scallions, celery.
- Get your child involved in preparing salads and vegetables. He or she will then be much more likely to eat them.
- Children tend to prefer crunchy vegetables to mushy ones. Try sticks of raw vegetables (peppers, carrots, celery) with a dip such as cream cheese or hummus. Try steaming green vegetables lightly until they are crunchy and drizzling a little garlic butter over them.
- Try making guacamole with avocado.

