



Did you know you should have 5-6 portions of vegetables per day?



Fresh, frozen or canned, vegetables are packed with vitamins, minerals and fibre!

Vegetable based soups

Foods like carrots, tomatoes, mushroom, squash are easy to puree and hide in a soup. If you prefer more texture, you can also add chopped veggies into a soup or chilli.

Try Vegetable noodles

Veggie noodles are an easy way for kids to enjoy a "pasta" dish with added nutrients. Spiralized zucchini works great in pasta sauce, or carrot in a spicy thai peanut sauce. Handheld spiralizers are approx. \$20 and can be found at most kitchen supply stores.



Grill veggie kebabs

Veggie kebabs are a creative way to increase vegetable intake. Simply cut up vegetables, thread onto a skewer, and grill them on the barbeque or stove top.



Stuffed vegetables

Scoop out a bell pepper, eggplant or sweet potato, fill with cooked ground beef and your kids' favourite veggies. Sprinkle some cheese on top and grill until the cheese melts.

Veggie fries

Cut carrots, zucchini and sweet potatoes into thin slices, spray with olive oil season and roast at 425° F for 20-25 minutes.



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Some additional tips!

GET SEASONAL For great value and taste, use seasonal spring vegetables like beet, broccoli and artichoke.

FREEZE IT Cut up extra vegetables like carrots and peppers when meal prepping, and store in the freezer. These can easily be added to your next meal.

DIP IT Precut vegetables make a great grab and go snack for kids. Add a healthy dip like salsa or guacamole.

BLEND IT Try adding a small handful of greens, like spinach and kale fruit based smoothies to disguise the taste!

Seek support

from a Dietitian near you: www.dietitians.ca/find

References:

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https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies