

# GETTING IN MORE GREENS

School of Kinesiology | UBC Active Kids

Dark green leafy vegetables are an excellent nutrient-dense addition to a healthy diet. They are a good source of fiber, vitamins, and minerals such as vitamins A, C, K, folate, iron, and calcium.

If your child refuses to eat green vegetables this doesn't mean you should try to hide vegetables in their food! Kids are smarter than you think; if they catch you sneaking green veggies in their food they may interpret the vegetables to be more unappetizing than they were in the first place. It's important to foster a healthy relationship with food for your child by providing them with a variety of food, however, it's not your responsibility for if and how much they eat.

If you're trying to incorporate more dark green vegetables try the following:

1. **Add leafy greens** to previously made recipes such as fruit smoothies, stir-fry, spaghetti sauce, casseroles, etc.
2. Let your child chop and prepare the vegetables for **early exposure**; it is more likely they will accept them if they get involved in meal preparation.
3. Give your vegetable-rich meals **fun and clever names** to make them more exciting! For example, name your green smoothie the "Hulk Smoothie" or the green peas at dinner "Princess Peas".
4. **Serve them differently!** Try mixing them into meals, having them on the side and cut/cooked using different preparation methods, seasonings and sauces.
5. Allow your child to have some of the control by **offering a few vegetable options**. If your child has some say in what they are eating, they are more likely to eat what they choose.
6. **Set a good example!** If you demonstrate that you like to eat and enjoy vegetables as a snack and at meals, they will learn that eating vegetables is normal and healthy.



## GREEN SMOOTHIE (4 SERVINGS)

- 2 cups tightly packed kale/spinach leaves
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 frozen banana
- 1/2 avocado
- 3/4 cup of vanilla greek yogurt (or dairy free yogurt)
- 1/2 cup mango/pineapple juice
- 1 cup unsweetened almond milk (or more to thin if needed)

Recipe from: <https://fraicheliving.com/>