

## **Introducing New Foods**

- Offer **ONE** new food at a time.
- Introduce new foods with a food your child already likes.
- Do not force your child to try new foods. Ask them to touch, smell, and taste. Let them see you eating the food.
- Continue offering the food even if they didn't like it the first time.

## **Mealtime Rules**

- Offer all meals and snacks at the dinner table or counter.
- Remove all mealtime distractions (TV, tablets, phones, etc)
- Avoid "food fights." Fighting with your child over food will cause a negative mealtime environment.
- Drinking only from a cup not a bottle.

## **Include Your Child**

- Include your child in planning and preparing meals (washing produce, stirring, picking foods, etc).
- Grow a garden or take your child to the grocery store so they can see where their food comes from.
- Give your child 2 options. Example:  
"Would you like a banana or strawberries?"

## **When to Supplement**

- Some children may need a nutritional supplement.
- Some child may need a multivitamin.
- Never replace a meal with a supplement.
- Offer the meal and if the child does not eat enough then offer the supplement after the child has tried to eat.

## **Getting Full Fast**

- Do not let your child fill up on milk, juice, or sweetened beverages.
- Snacks and meals should be 2-3 hours apart.

## **Skipping Meals**

- Children will skip meals and will make up for it at the next meal.
- Young eaters will eat when they are hungry and stop when they are full.

# What nutrition supplements can I give my child?



Give your child \_\_\_\_\_ per day.



## Blueberry & Veggie Smoothie

- 1 cup milk
- 1 cup spinach
- 1 frozen banana
- 1/2 cup frozen blueberries
- 1/2 cup yogurt

1. Add ingredients into blender and blend until smooth.

## Banana Pancakes

- 1 overripe banana, peeled
- 2 large eggs
- 1/2 cup quick-cooking oats
- 1/2 tsp baking powder
- pinch of salt
- 2 tsp oil

1. Put the banana, eggs, oats, baking powder, and salt in blender. Turn blender to medium speed and blend until the mixture is smooth.
2. Add 1 tsp oil to skillet and heat over medium heat.
3. Drop 1/4 cup of batter into the skillet. Cook until there are bubbles on the pancake's surface. Use the spatula to flip the pancake over and cook until golden brown.
4. Top with Maple syrup and fruit.



## Cauliflower Alfredo Sauce

- 3.5 cups Milk
- 20 oz bag of frozen cauliflower
- 2 TBSP Butter
- 2 TBSP Flour
- 1-2 cloves Garlic
- 1/2 cup grated parmesan cheese

1. In a saucepan, simmer 2 cups of milk and cauliflower over medium heat for 10 minutes.
2. When cauliflower is soft add the mixture into a blender and puree until smooth.
3. In the pan, melt butter and add garlic. Cook for 30 seconds.
4. Add flour and whisk until flour is golden brown. Add 1.5 cups of milk and continue to whisk until sauce is thick.
5. Stir in cauliflower mixture and add cheese.
6. Toss sauce in pasta and enjoy!



## Veggie Macaroni & Cheese

- 1 lb Elbow Macaroni, cooked al dente
  - ½ cup Water
  - 1 cup Cauliflower florets
  - 1 cup Squash
  - 1 cup Carrot, sliced
  - 2 cups Milk
  - 2 cups Cheddar Cheese, shredded
  - 4 oz Cream Cheese
1. Add water, cauliflower, squash, and carrots in a pot over medium heat. Cover and cook until vegetables are tender.
  2. Add everything into a blender, including cooking water, and blend until smooth.
  3. Return blended veggies to the pot over medium heat, and add the milk, cheese, and cream cheese. Stir until smooth.
  4. Add macaroni, reduce heat, mix thoroughly, and cover for 20 minutes.
  5. Enjoy!

## Hidden Veggie Pizza Bread

- 1 cup Canned Tomatoes
  - 1 garlic clove, minced
  - 1-2 cups Spinach
  - 1 loaf French Bread, sliced in half
  - 1-2 cups Cheese, grated
1. Place canned tomatoes, garlic, and spinach leaves in a blender. Blend until smooth.
  2. Spoon tomato sauce onto bread.
  3. Top with grated cheese and your preferred toppings.
  4. Bake at 350 degrees for ~15 minutes or until cheese is completely melted.

