



BEANS



Families Unite to End Veggie Vetoes

Advice from Moms on Getting Kids to Eat their Vegetables

Asking children to eat their vegetables doesn't have to lead to tears and tantrums at the dinner table. Moms from the Bush's® Beans Moms and Kids Panel and founding panel member, Connie Guttersen, R.D., PH.D., "Veggie Expert," share their veggie tips.

Moms from Across the Country Reveal their Veggie Tricks

Sneaky Suggestions

- Mash vegetables and add them to dough when making bread or pasta. – *Jessica, mother of two from Illinois*
- "Hide" vegetables in meals like pizza or tacos that are popular with kids. – *Donna, mother of one from Alabama*
- Prepare "special" vegetable dishes for yourself and tell your kids how delicious they are. Pretty soon they'll wonder what they're missing out on and beg to try it. – *Jennifer, mother of four from Idaho*

Cool Counsel

- Cut carrots and other vegetables with a crinkle cutter to make the vegetables more fun to eat. – *Debbie, mother of two from Massachusetts*
- Bring your kids along when you grocery shop and allow them to choose their own vegetables. Encourage them to select non-traditional vegetables like beans, squash and eggplant. They'll be more excited about eating the vegetables if they've personally picked them out. – *Zoe, mother of two from Colorado*

Wise Advice

- Expose kids to a wide variety of foods early on so they won't be as picky. Parents should try new foods too in order to set a good example. – *Kristine, mom of four from Nevada*
- Talk with kids about the positive effects different vegetables have on their bodies to encourage them to eat more. – *Kathy, mother of four from Washington*
- Don't let kids snack too close to mealtime – kids tend to try more when they're not as full. – *Corrine, mother of three from Maryland*

Tips from the Veggie Expert, Connie Guttersen, R.D., PH.D.

- Beans are a great vegetable to add into soups because they go great with other ingredients and come in a wide variety. Beans¹ also have more protein and fiber than any other vegetable.
- If red pasta sauce is a favorite, incorporate veggies such as bell peppers, kidney beans and squash into the cooked tomato sauce. Use a handheld blender to make the texture creamy and all one color.
- Let your kids experience seasoning their veggies to customize to their taste with herbs like basil, rosemary, cilantro or mint. Use simple flavors like olive oil, sea salt and lemon or try using exciting flavors of spices like chili powder, curry and favorite spice rubs.

Visit www.VegetableWithMore.com for more vegetable tips and recipe ideas.

¹ And legumes. Source: USDA Food and Nutrient Database for Dietary Studies (2.0) based on combined grams of fiber and protein for Reference Amount Customarily Consumed.