

KOHL'S
Healthy
at Home

Tips to Eat More Fruits and Veggies

Did you know that kids and adults should eat at least 5 servings of fruits and vegetables a day? Below are some simple tips from parents and nutrition experts to help your family enjoy more fruits and veggies every day:

Bake veggies like asparagus in the oven to make them crispy!

Jen, parent of a 7 and 9-year-old

Add peas to mac and cheese!

Nick, parent of a 5-year-old

- Add a side of fruit to your breakfast or top whole wheat pancakes, toast, or oatmeal with fresh fruit – check out our fun animal toast faces [here!](#)
- Add grated vegetables like zucchini and carrots to dishes like lasagna, meatloaf, pasta, and mashed potatoes
- Stack your sandwich with veggies like cucumbers, bell peppers, tomatoes, onions, and sprouts
- Grab an apple, banana, or orange for an on-the-go snack
- Enjoy a fresh garden salad with leafy greens or spinach leaves, cherry tomatoes, carrots, and cucumber, or a tasty fruit salad with apple slices, grapes, banana slices, strawberries, and blueberries
- Blend frozen berries and veggies like carrots or spinach with non-fat yogurt for a quick, healthy smoothie treat!
- Keep fruits and vegetables in places where they are easy to access, like in a bowl on the countertop or at eye-level in the refrigerator

Find out your kids' favorite fruits and vegetables and when they ask for a snack, offer those first!

Reed, grandparent of a 13-year-old

Try a veggie pizza with a cauliflower crust!

Anna, parent of a 6-year-old

It can take up to 12 introductions to a food before a child will accept it, therefore, keep trying!