

# Top 10 Ways to Help Your Child Eat More Vegetables

Author – Carrie M. Durward PhD, RD



As a registered dietitian, one of the most common questions I get from parents is how to get their child to eat vegetables. Luckily for me, nutrition research has given us a lot of great information about how to do this.

First and most important: if you want your child to like and eat vegetables, offer them early and often! Feed your child a

variety of fruit and vegetable purees as soon as you introduce solid food (5 to 7 months). This is a time period when children are more open to trying new foods, so it is a great time to have them learn the flavors of many different vegetables.

However, if you missed this window, it isn't too late! We like and eat the foods we are familiar with. The best way to get your children to like vegetables is to keep offering them. In one study, children had to taste a new vegetable up to 15 times before it was accepted.

It is normal for young children to be wary of new foods. If your child rejects a new vegetable or refuses to try it, don't give up! Just try again another day.

Try to avoid showing a negative reaction like frustration if your child refuses vegetables. Never pressure your children to finish food or force them to clean their plate. Encourage them to try a bite, but don't force it!

Instead, try one of these 10 positive ways to help your child try new vegetables.

### **Top 10 Ways to Help your Child Eat More Vegetables**

1. **Be a good example.** Keep vegetables in the house, serve them at every meal and let your child see you eating and enjoying them.
2. **Offer vegetables first, when children are hungry.** Try vegetables as an after school snack or have a salad or soup at the beginning of dinner.
3. **Take your child shopping** and let him or her pick out the vegetables, or let your child choose between two different vegetables to have with dinner.
4. **Get your children involved in the cooking.** If children help prepare a vegetable, they will be more likely to try it.
5. **Grow a vegetable garden or visit a farmers market or**

**local farm.** These can be fun ways to help your child explore new foods.

6. **Make eating vegetables fun by playing with your food.** Try ants on a log, rainbow salad or pizza faces.
7. **Try preparing vegetables in different ways:** raw, steamed, roasted, etc. The flavor and texture can be very different, depending on how you cook them. If your child doesn't like vegetables one way, he or she might like them another way!
8. **Try a small reward,** like a sticker or praise to help convince your child to taste vegetables. Don't use food as a reward or punishment.
9. **Use marketing in your favor.** Put stickers of your child's favorite book or TV characters on containers of vegetables to encourage intake.
10. **Offer vegetables with a low-calorie dip,** or use a small amount of sugar when cooking to help your child be more willing to taste and eat vegetables. This will help your children become more familiar with the taste of vegetables, and they will learn to like the flavor more, even without the dip or sugar!



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# Savor the Flavors of Fresh Herbs and Spices

Author – Carolyn Washburn





# SAVOR THE FLAVOR

cooking with herbs & spices

LIVE WELL UTAH

Among the most tantalizing smells and flavors that come from your garden or kitchen emerge from fresh herbs and spices.

These fragrant flavors add much to foods while helping cut back on fats, sugars and salts in recipes. Why not add some of the most used herbs and spices in your kitchen to your garden this year? You could plant fresh basil, oregano, mint and rosemary. These plants will add beauty to your garden and flavor to your foods.

An easy way to get started with herbs is container gardening. Maggie Wolf and Teresa Cerny wrote an article on herb container gardens. They list six ways to help your herbs be successful.

Choose herbs that grow in a compact habit. Herbs that are too tall can be out of scale with their container. While herbs that grow in a trailing matter can be a beautiful addition to your outside landscape, you'll want to consider where to place your containers, how to care for them and harvesting the herbs too.

The handy Herb Container Gardens article has answers plus a useful chart listing many types of herbs, their maintenance and how to harvest.

Speaking of harvesting herbs, did you know it's the oils from the leaves that give them their great aroma and flavor? You want these oils to be released during cooking, not during harvesting and storage. Exposure to light, overheating, bruising or cutting will release these oils before they are needed. Dennis Hinkamp references easy ways to harvest, dry, cook with and store your herbs in the article, Getting the Most out of your Herbs. The article says, "Of course the optimal way to use herbs is to pick them from the garden immediately before cooking. Since most recipes are written using proportions of dry herbs, when you substitute fresh herbs, you'll need to add about three times as much as the original dry measure."

Are you adding herbs to your garden this year? What are you

some of your favorites to harvest and use?

Find additional articles on herbs and spices [here](#).



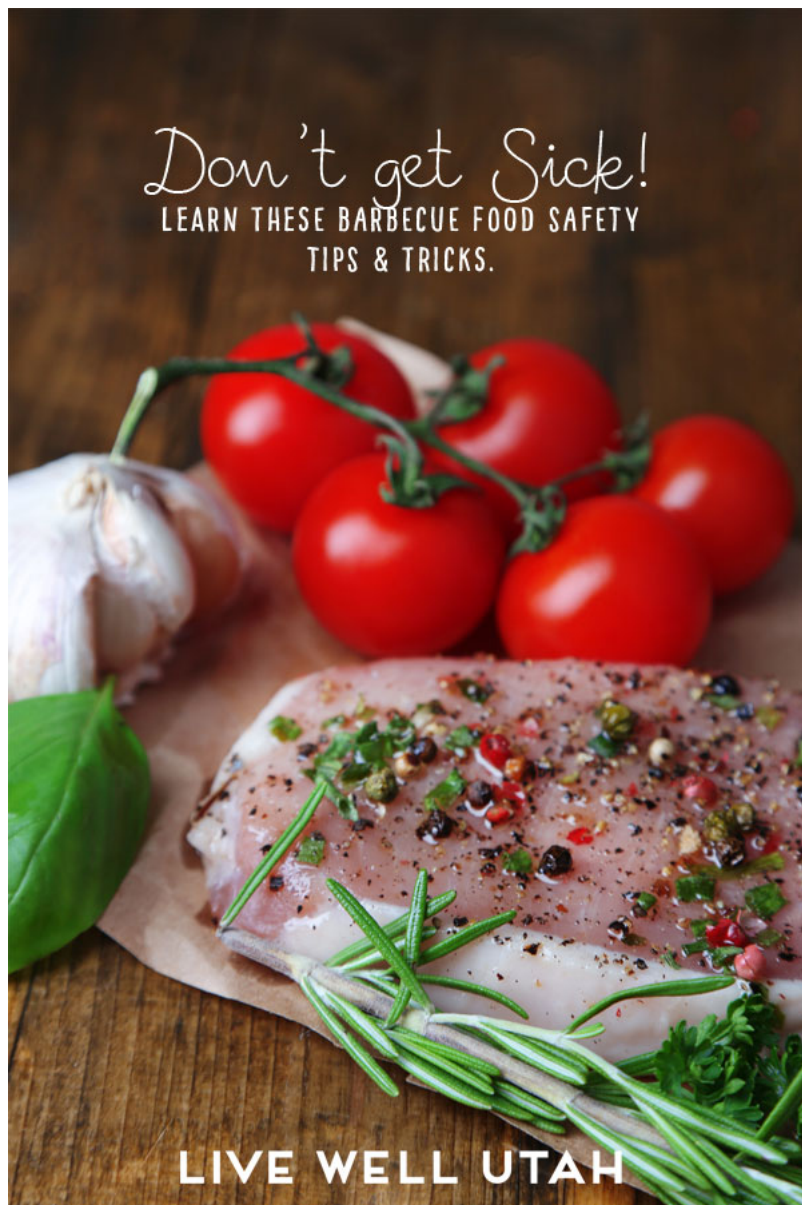
Carolyn Washburn is a family consumer sciences agent for Utah State University Extension. Her responsibilities include financial management education, food safety and nutrition, healthy family relations, emergency preparedness and working with youth. Her goal is to help individuals and families become self-sustaining and resilient by being financially prepared and healthy for any emergency. She serves on the National Disaster Education Network and has just completed the new food storage manual for USDA. Her most cherished award is America's Promise, awarded by Colin Powell.

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## **Don't Get Sick! Learn these Barbecue Food Safety Tips and Tricks!**

*Author – Darlene Christensen*





Have you or someone in your family ever had food poisoning? I have, and I can tell you it is miserable! It's important to remember that it is almost 100 percent preventable (if you are preparing the food yourself). Think about these tips and tricks next time you are out barbecuing or picnicking so that you have a great time and stay healthy.

Eating outdoors in warm weather can be a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F. Cooking in the summer heat makes knowing basic food safety principles especially important.

#### **Wash hands.**

“Hand washing is THE single most effective way to prevent the spread of disease,” according to the Centers for Disease



Control and Prevention. It's really simple – make sure to wash your hands with soap and water for at least 20 seconds. To help kids learn this, try singing the ABC song with them while they wash. Cleaning up is especially important after using the bathroom and before cooking or eating. Oftentimes you find yourself outdoors with no bathroom in the summer. You can use a water jug, some soap and paper towels. Moist disposable towelettes are also good for cleaning your hands.

**Keep raw food separate from cooked food.**

You take the raw meat on a plate to the grill, right? But remember that you do not want to use that same plate to put the cooked meat on. This is known as cross contamination and can cause food-borne illness. Keep utensils and surfaces clean.

**Marinate food in the refrigerator, not out on the counter.**

Marinating can make meat tender and tasty. But if you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Don't reuse marinade that contained raw meat.

**Cook food thoroughly.**

A meat thermometer can really help in making sure meat is cooked to a safe temperature. Steaks should reach 145 degrees and then be allowed to rest for 3 minutes. Chicken should be cooked to at least 165°F. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink.

**Refrigerate and freeze food right away.**

It can be hard to remember while a party is going on, but food should not be left out of the cooler or off the grill for more than 2 hours. It's especially important to remember NOT to leave food out for more than one hour when the temperature is above 90°F.

**Keep hot food hot.**

Hot food should be kept at or above 140°F. Hot food should be wrapped well and placed in an insulated container – this will keep the heat in. If you have purchased something like fried chicken at a deli, try to eat it within two hours. Bacteria

multiply rapidly after that and can make you sick. Don't forget to pack your meat thermometer. When re-heating food, be sure it reaches 165°F.

**Keep cold food cold.**

Cold food should be held at or below 40°F. Think about potato salad and similar foods. Keep them on ice in a cooler and don't set them out for long periods of time in the heat.

Those are the basic tips to remember. If you have ever suffered from food-borne illness, you know how miserable it is. Follow these simple steps to keep your food safe and enjoy your summer barbecues and camping trips.



Author Bio: Darlene Christensen is an Associate Extension Professor at Utah State University and serves as the family and consumer sciences/4H agent in Tooele County. She loves working with 4Hers and enjoys teaching adults.

Reference:

US Food & Drug Administration, Barbecue Basics: Tips to Prevent Foodborne Illness.

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# Full Pantry and Nothing to Eat

*Author: USU Food \$ense Team*

# Grocery basics to keep on hand

LIVE WELL UTAH



Have you ever gone grocery shopping and filled your pantry or fridge, yet you still feel like you have nothing to eat? It's easy to run out for fast food, but that can be costly on the monthly budget. Use the groceries you just bought and save a little money too with these quick tips!

Did you know salsa made the list of staples to have on hand too? Get the entire printable list of staples and meal ideas [here](#).

Now enjoy using up what's in your pantry. Your wallet will thank you!

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# Beans, Beans the Magical Fruit

*Author: Carolyn Washburn*



Just how good are beans for  
you anyway?



LIVE WELL UTAH

Beans, beans the magical fruit, the more you eat, the more you may reduce the risk of heart disease, cancer and birth defects. Yes, those beans are a magical food. They are found in both protein and vegetable food sections on the MyPlate food guide, and the health benefits certainly make them a “magical” food. Remember how Jack traded a cow for them? Beans are full of fiber and nutrition and are a very economical food. The three healthiest beans are the black bean, the kidney bean and the lima bean.

***Just how good are those beans?***

- Fight diseases – A report by nutrition experts at Michigan State University reviewed 25 years of bean

research and concluded that beans are an often-overlooked food source that could be helping Americans fight a host of chronic diseases, including cancer, heart disease, diabetes and obesity.

- Lower risks – People who ate legumes such as dry beans at least four times a week had a 22 percent lower risk of heart disease than people who ate them less than once a week.
- Lower death rate – Out of 41 countries, those with the highest bean consumption had the lowest death rates from breast, prostate and colon cancers.
- Sustain Energy – Beans promote satiety and provide sustained energy, which helped individuals eat fewer calories and maintain a healthy weight.
- Maintain Healthy Blood Glucose Levels – The high fiber content in beans helped people with diabetes maintain healthy blood glucose levels. Beans are also rich in antioxidant phytochemicals, which reduce the damage caused by free radicals and may also reduce the risk of cancer.

So, live to be an old fart, and eat those beans! For bean recipes, visit the [USU Extension/ Washington County Home Matters](#) site .



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by being financially prepared and healthy for any emergency. She serves on the National Disaster Education Network and has just completed the new food storage manual for USDA. Her most cherished award is America's Promise, awarded by Colin Powell.

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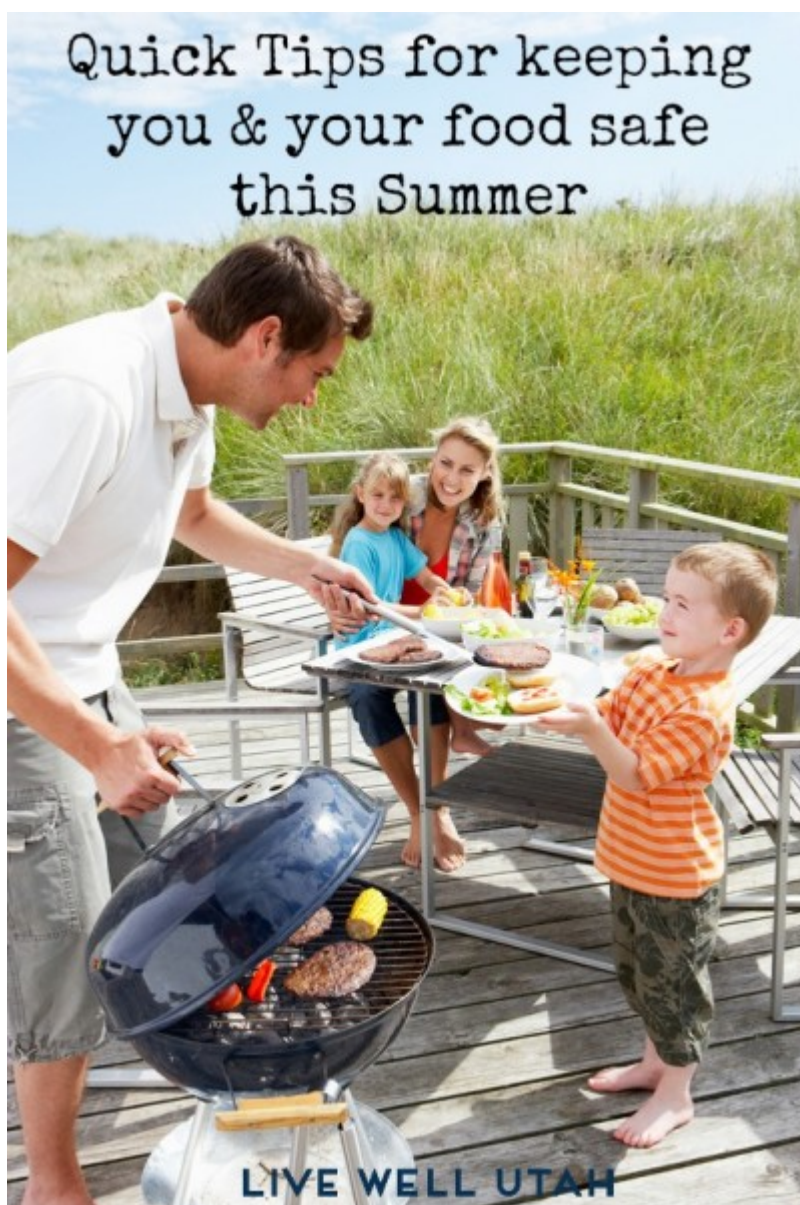
## Grill it Safe

*Author: Ann Henderson*



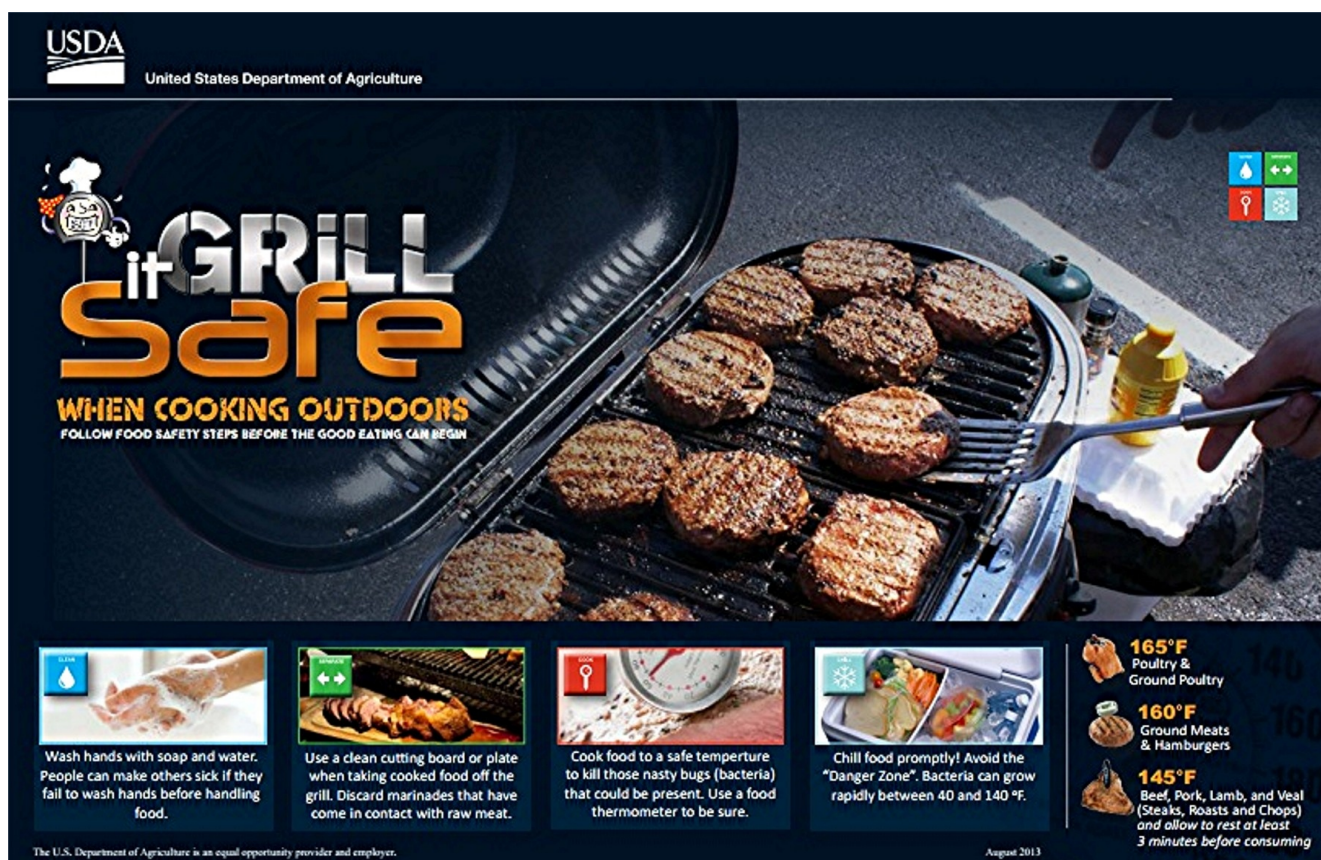
Grilling season is here! I like the charcoal grill okay, but

it takes a long time for the coals to heat up, so I don't use it very often. But I received a propane grill as a gift, and that seems to be the answer for me, so now I'm ready to start grilling! If you are ready like me, you may want to check out the factsheet I found on barbecuing and food safety. It has some great tips about marinating, precooking foods to reduce grilling time, final cooking temperatures for different meats and how to keep foods hot until you are ready to serve them. There are 15 topic areas with all the information you'll need for each. If you are looking for some similar tips at a glance, check out our recently shared "How to Keep You and Your Food Safe this Summer" post.





There is also a postcard you can print out that provides a quick refresher. Happy grilling!



Ann Henderson is an Extension Associate Professor for Utah State University in Box Elder County. She loves teaching and helping adults and youth find practical solutions to everyday problems related to financial management, nutrition and health, food safety, preservation and storage, and family relationships. She believes that when you strengthen families you strengthens communities.