Children develop a natural preference for the foods they enjoy the most. To encourage healthy eating habits, it is important to make nutritious choices appealing and involve children in the planning, shopping, and preparing of the foods that they are most interested in eating.

It can be overwhelming to make numerous changes all at once. Start with one vegetable, such as Brussels sprouts or beets. Together, you and your child can pick a recipe, using the vegetable, to make together. Teaching by example allows your child to see you eating the health food while keeping the portion sizes in check.