



One Step at a Time

WIC mom Lisa takes the first step toward healthier eating

No one in my family really eats vegetables. The last time I tried serving veggies at dinner, my boyfriend told me I was just wasting money because he won't eat them.

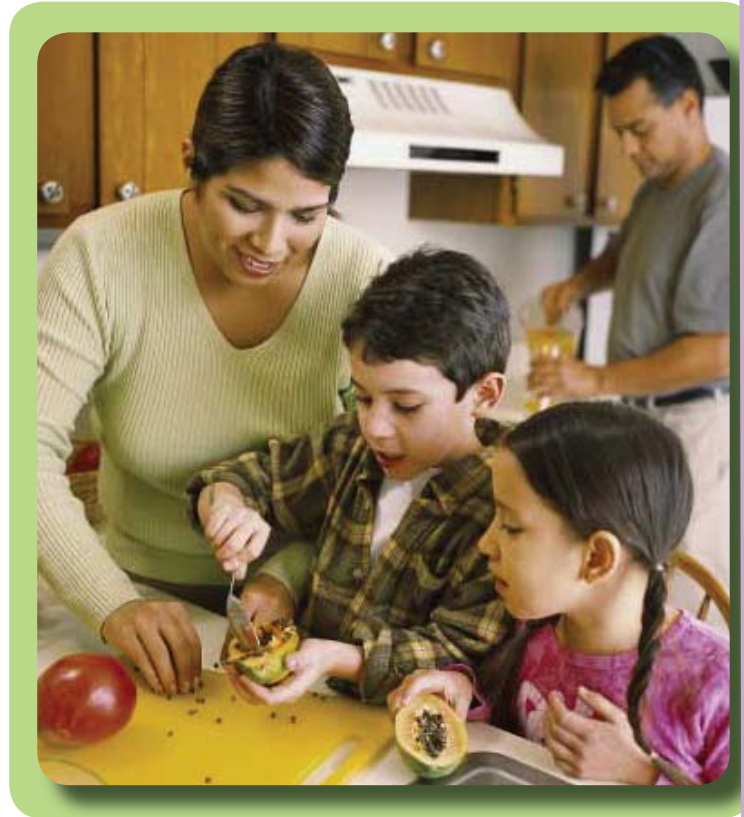
I'll eat veggies, but they're not really my favorite, so not having them around is easy, using the excuse that my boyfriend doesn't like them.

Deep down I know it's important for us to eat veggies, especially since my kids Emily and Justin aren't toddlers anymore.

I really want them to be healthy, and honestly, I'd like to be healthier too. I wouldn't mind if it also helped me lose a few pounds!

So I've decided that some things need to change. I know I can't change our whole family all at once, so I'm going to try and focus first on what I can do.

I can eat veggies myself and sneak veggies into the things I make for our meals.



I found some recipes for smoothies that have fruits and veggies in them. I tried a couple of them and they're actually really good!

You would never know there are veggies in them. I even gave some to my kids and my boyfriend for breakfast. They liked them too!

This won't solve the problem in the long run, but it's a good first step.

Parenting Tip

Let your kids see you eating veggies – you don't have to eat a lot, just enough that they know they're not "icky".

Smoothie Party!

Like the smoothies you get when you go out?
Make an even better one at home!

Smoothies are a yummy way to get your fruits and veggies. You can use fresh or frozen fruit, but using frozen will make it thicker and more like the smoothies you buy at the store.

To make: Put ingredients in blender, blend until smooth.

Totally Green

1 ½ cups orange pineapple juice

1 frozen banana

¼ cup yogurt

2 cups fresh spinach

Mostly Blueberry

One small blueberry or vanilla yogurt

¾ cup blueberries

1 cup milk

Crushed ice to thicken



Orange Supreme

8-10 shredded baby carrots

1 cup vanilla yogurt

6 oz orange juice

Crushed ice to thicken

Get Creative!

Make your own special smoothie with your favorite combo of fruits and veggies.

These moms sneak veggies into everything!



"Since my son loves anything from the "bread" group, I often mash, shred or puree different veggies into muffin batter." Melissa, mother of 2 year old Sam



"The blender is my best friend!! My 2 1/2 year old will eat anything if I puree it and mix it in. Carrots and squash are very easily blended into macaroni and cheese. Just about any veggie can be added in spaghetti sauce." Jennifer, mother of 4 year old Kendra