

# Parent Corner

## Ways You Can Help Your Teen choose Vegetables, Legumes and Whole grains

- Ask your child to pick a new vegetable for your family to try together.
- Serve at least one vegetable for lunch and dinner every day. They are more likely to eat them if you make them available.
- Ask your child help prepare a healthy vegetable or legume dish for a family dinner.
- Encourage your child to go grocery shopping with you to pick vegetables they will eat that week.
- Teach your child how to prepare a traditional vegetable dish in a healthy way.

### ***How many vegetables does my teen need every day?***

1-3 cups of vegetables are recommended each day. Vegetables include dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas (also called legumes), and other vegetables.

### ***What is it important to eat vegetables, legumes, and whole grains?***

Vegetables, legumes (beans, peas, peanuts), and whole grains are plant-based foods naturally high in dietary fiber and essential vitamins and minerals. In the U.S., these foods are ones we typically eat the least even though they are among the healthiest options. There are many reasons for this, including lack of access to and familiarity with these foods, and preferences for these foods.

### ***How do I increase my preference for these foods?***

Repeated exposure to new foods (at least 8-10 tries) combined with a tasty recipe may be all that is needed to promote consumption. Consider your traditional dishes, and think about which vegetables, legumes, and whole grains are the primary components. Plan for at least one meat-free dinner per week to allow these plant foods to shine!