

vegetables

vegetables

ages 1 & 2 years

dark green

bok choy
broccoli
collard greens
dark green leafy lettuce
kale
mustard greens
spinach
turnip greens

orange

acorn squash
butternut squash
carrots
hubbard squash
pumpkin
sweet potato

other colors

artichoke
asparagus
bean sprouts
beets
brussels sprouts
cabbage
cauliflower
celery
cucumber
eggplant
green peas
green beans
lettuce
mushrooms
okra
onion
parsnip

peppers
tomato
tomato juice
turnip
vegetable juice
zucchini

starchy

corn
green peas
lima beans
potato



Let's try something new!

Thank you for taking such good care of me! I love you!



Hi – It's me, your busy toddler! Have you noticed? I am learning all the time. Teach me my colors by serving a rainbow of vegetables. Offer them to me at least 3 times a day.

Let me see you eat veggies, too. You are my role model for everything. You're the best!



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To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at healthvermont.gov or call 800-464-4343. This institution is an equal opportunity provider.

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tips on feeding me vegetables

ideas for meals & snacks



Quick for lunch

- vegetable soup – or add a handful of frozen mixed veggies to any soup
- shredded carrot salad
- english muffin pizza topped with veggies
- bell pepper strips

How much vegetables should I eat?

- Offer me veggies 3 times a day.
- Offer me about 1/2 cup to 1 cup of veggies a day.

I don't eat much at a time, so offer me veggies at lunch, supper, and as part of snacks. At my age, a snack is like a little meal.

Teach me my colors! Offer me a rainbow of veggies.

Some of my favorite colors are:
squash ... sweet potatoes ... carrots...
green beans ... peas ... broccoli ...
tomatoes ... beets

- I may eat veggies and salads better if I can eat them with my fingers.
- I like some veggies raw, or right out of the can or freezer bag. No cooking. How easy!
- Let me get used to veggies on my plate. It may take 10 or 15 times of seeing a food and tasting it (and maybe spitting it out) before I will eat it.
- I may eat a new food better if you put it next to one of my favorite foods.
- Offering me veggies 3 times a day is a guideline. I may not eat as much as you offer, or I may ask for more!
- Monkey see, monkey do! If you eat veggies, I will, too!

Time for dinner. Let's have...

- chopped broccoli
- sweet potato pieces
- mashed squash
- creamed spinach
- cooked beets

Colorful vegetables help keep me healthy.

- They help me fight colds and infections.
- They help me have regular bowel movements.
- They help me grow and glow!

When I'm healthy:

- I am happier.
- I learn better.
- I behave better.
- I am more pleasant to be around.

Pick a vegetable snack

- cherry tomatoes, cut in half
- thawed frozen peas
- raw zucchini strips
- canned chick peas or black beans
- leftover cooked carrots or green beans

