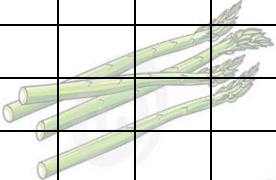
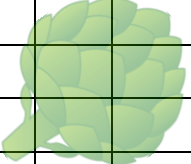
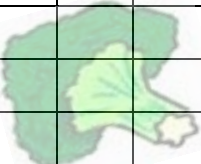
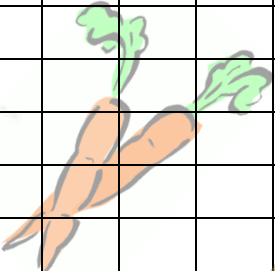
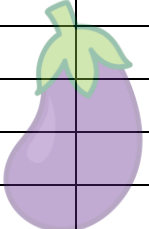
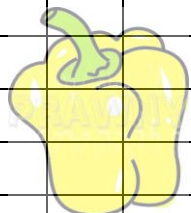
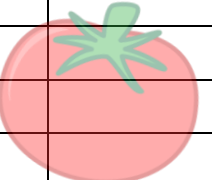


Learning to Love Vegetables One Bite at a Time

It may take up to twenty times of trying a new food before children learn to like it. Encourage your child to take a small bite of a new vegetable every meal. Put a check mark or a sticker on the chart every time your child tries one! Talk to your Dietitian or Doctor about age-appropriate choices.

Helpful Tip: Serve one new vegetable along with something your child likes. Offer it at the beginning of the meal when they are the hungriest!

| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | I like it! | |
|--------------|---|---|---|---|--|---|---|--|---|----|----|----|----|----|----|----|----|----|----|----|---|---|
| Artichokes | | | | | | | | | | | | | | | | | | | | | | |
| Asparagus | | | | | |  | | | | | | | | | | | | | | |  | |
| Beets | | | | | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | | | | | |
| Cabbage |  | | | | | | | | | | | | | | | | | | | | | |
| Carrot | | | | | | | |  | | | | | | | | | | | | | | |
| Cauliflower | | | | | | | | | | | | | | | | | | | | | | |
| Celery | | | | | | | | | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | | | | | | | | | |
| Eggplant | | | | |  | | | | | | | | | | | | | | | | | |
| Green Beans | | | | | | | | | | | | | | | | | | | | | | |
| Green Peas | | | | | | | | | | | | | | | | | | | | | | |
| Kale | | | | | | | | | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | | | | | | | | | |
| Mushrooms | | | | | | | | | | | | | | | | | | | | | | |
| Peppers |  | | | | | | | | | | | | | | | | | | | | | |
| Snap Peas | | | | | | | | | | | | | | | | | | | | | | |
| Spinach | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Potato | | | | | | | | | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | | | | | | | | |  |
| Zucchini | | | | | | | | | | | | | | | | | | | | | | |