



Tasty Tuesday

Struggling to get your little one to eat fruits and vegetables? We suggest eating a rainbow to promote healthy eating!

What Is Eating a Rainbow?

It means eating a rainbow of foods from the fruits and the vegetable groups—eating all the different colors of fruits and vegetables: red, orange, yellow, green, blue, purple, and white fruits and vegetables.

We have several fun and easy ways to help you and your child eat healthy. Focusing on colors can be a great way to encourage your child to eat more fruits and vegetables.

5 Tips to Help Your Child to Eat a Rainbow

1. Use our [Eat a Rainbow Every Day](#) chart to help your child track their healthy fruit and vegetable choices.
2. Make a rainbow fruit snack and eat it. It is as easy as 1-2-3. All you need are a few fruits, a cutting board, knife, plate, and your appetite. [Click here](#) to see how to make your very own rainbow fruit snack.
3. Make vegetables more appealing. Meals and snacks are a lot more fun when there is dipping involved. Serve vegetables with dip. The dip could magically encourage your child to eat more vegetables.
4. Lead by example. Your child will follow your lead. If you eat fruits and vegetables, your child will too.
5. Involve your child in cooking. Children are more likely to eat something if they helped make it.