

# SOLUTIONS TO ALL YOUR **food confessions**

FROM OUR HEALTHY EATING EXPERT STACEY ANTINE, MS, RD



“My kids refuse to eat anything green! Dinner time has become a constant battle and I’m too tired to fight—So I let them skip their veggies. What can I do to get my family on track?”

**Barbara, Chicago**

I know the struggle all too well so let’s try a different approach. Have your kids choose a vegetable at the farmers’ market or local supermarket that looks interesting to them and that they would be willing to try! Always offer the vegetable RAW so they can explore the taste and texture of its natural state. I find most kids like their veggies crunchy, while most parents like them mushy! Make it fun for the whole family, not just the kids because you are an important role model when it comes to your kids making healthy choices. Another great idea is to give everyone a wooden skewer and then provide a platter of cut up vegetables (peppers, cherry tomatoes, broccoli or whatever is in season) and cubes of cheese and let everyone create their own colorful kebabs as an appetizer or weekend snack!



*Stacey Antine is a registered dietitian and former food marketing professional. Stacey’s mission in life is to excite families about good food and healthy living. As the founder of HealthBarn USA, Stacey has developed fun, hands-on programs that teach people about eating well.*

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