

## PLANT-BASED KIDS



### Why should kids eat plant-based?

Plant-based foods are foods that come primarily from plants (fruits, vegetables, whole grains, legumes). With variety, these foods supply all of the essential nutrients that kids need to grow. Kids who eat plant-based foods have long-term health benefits including:

#### Decreased Risk of:

- Obesity
- Heart Disease
- Type 2 Diabetes

#### Increased Likelihood of:

- Maintaining a healthy weight
- Being a lifelong healthy eater
- Trying new foods

When trying to get kids to eat whole, plant-based foods, remember: keep it simple & keep it fun!

### Kid-Friendly, Plant-Based Foods

Here is a list of some plant-based foods kids will love!

- Celery and peanut butter
- Cucumbers and hummus
- Whole grain pretzels
- Fresh fruit (apples, bananas, berries, etc.)
- Almond or soy yogurt
- Whole grain cereal
- Nuts
- Homemade granola or trail mix
- Applesauce
- Dried fruit (mango, dates)
- Whole wheat toast with avocado
- Fruit smoothies
- Water is first for thirst!

## How to Make Plant-Based Family Friendly

Here are some tips to get the whole family to try more whole, plant-based foods:

- Brainstorm what whole, plant-based foods your family already enjoys and add them into your family meals!
- Teach kids about why eating more plant-based foods is important.
- Prep and cook meals as a family.
- Ask your kids to help make a grocery list.
- Give your kids the chance to choose which fruits/vegetables to have in their meals and snacks.
- Help your child create a colorful plate.
- Encourage, rather than force, your kids to try new foods.
- Be a role model. Let your child see you eating more plant-based foods.



### Power Cookie Dough Bites Recipe

#### *Ingredients:*

- 1 cup dry oatmeal
- ½ cup of chocolate chips
- ½ cup of dried fruit or raisins
- ½ cup of nut butter
- ½ cup of honey
- 1 tsp vanilla

#### *Directions:*

1. Mix all ingredients in a bowl and chill in the refrigerator for ½ an hour
2. Roll mix into 1 inch balls
3. If mix is too crumbly, add extra honey. If nut butter If mixture is too sticky, add more oats
4. Refrigerate and enjoy!