



The wide world of carbohydrates

Explore the new!

Help your child to learn to try new whole-grain foods, fruits and vegetables. Why? These foods provide carbohydrates, which give you energy. They also provide fiber, vitamins and minerals.

Try some "unfamiliar" choices instead of "familiar" ones. Your children take their lead from you and watch what you do. If they see you eating some of the "unfamiliar" foods on the next page, they are more likely to do so, too. Try them together!

Familiar:	Unfamiliar:
Grains	
popcorn white rice saltines flour tortillas pasta	rice cakes brown or wild rice whole-grain crackers whole-grain tortillas whole-wheat couscous quinoa bulgur
Fruits	
apples bananas strawberries blueberries grapes cantaloupe honeydew watermelon oranges pears plums peaches	apricots raspberries cherries kiwifruit mangoes nectarines papaya kumquat pomegranate prunes tangerines

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What can you do with your kids to try new fruits and vegetables?

- Have your children choose a fruit or vegetable from the lists above. Go to <http://recipefinder.nal.usda.gov/> to find a recipe with that fruit or vegetable. (This recipe database is also available in Spanish.)
- Take a trip to your local farmers market with your children. Go to <http://agebb.missouri.edu/fmktdir/index.htm> to find one nearest you.
- Go to the library to take out a book on fruits and vegetables or search the web. Learn more about an unfamiliar fruit or vegetable that your child chooses. Use this website <http://agebb.missouri.edu/fmktdir/harvest.htm>. Is the fruit or vegetable available locally in Missouri? See if you can find it in the grocery store or at a farmers market.



Familiar:	Unfamiliar:
Vegetables	
broccoli lettuce (iceberg, romaine) carrots pumpkin sweet potatoes cabbage cauliflower celery cucumbers peppers green beans tomatoes	Bok choy kale spinach greens squash jicama asparagus beets eggplant okra parsnips turnips zucchini

Note: Some foods in the unfamiliar category may be familiar to you and your child. Other choices may be substituted for the items listed.

What can you do with your kids to try new grains?

Circle those you plan to do. Add your own ideas, too.

- Have your kids choose an unfamiliar grain from the lists above. Go to <http://recipefinder.nal.usda.gov/> to find a recipe with that grain. (This recipe database is also available in Spanish).
- Go to the bulk food section or pasta section of your grocery store. Choose an unfamiliar grain to prepare at home.

Make family time, active time
Your children take their lead from you and watch what you do. Plan activities as a family.

What can you do to be more active with your children?

Circle those you plan to do. Add an idea of your own, too.

- Go to the local farmers market. Explore new fruits and veggies and get some activity at the same time.
- Find a pick-your-own farm near you at <http://www.pickyourown.org/MO.htm> and get some activity as you pick fruits and veggies.

View videos to see how moms are helping their families eat healthier foods, get more information at http://www.fns.usda.gov/fns/corenutritionmessages/especially_for_moms_page.htm