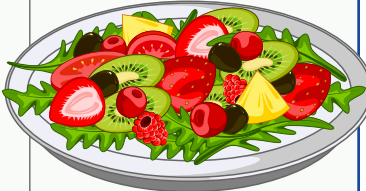
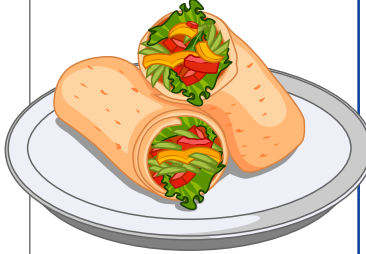
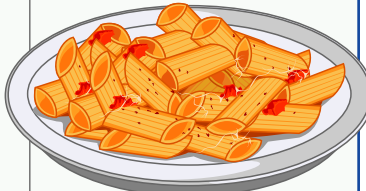




Trying New Foods

Making Classic Meals with New Ingredients

Replacing even one item in a classic meal with a new food can lead to fun, favorite recipes. Here are some ideas to get you started.

Classic Meals	Pick Your Favorite! Mix & Match			New Favorites
<p>Create a Special Salad</p>	<p>Vegetables Cucumber Zucchini Radish Carrot Broccoli Cherry Tomatoes Spinach Jicama Avocado Corn Beets</p>	<p>Meat/Meat Alternate Sliced Turkey Broiled Chicken Grilled Fish Natural Low-Fat Cheese Mozzarella Cheese Sliced Hard Boiled Egg Garbanzo Beans Low-Fat Cottage Cheese</p>	<p>Fruits Berries Cherries Mandarin Oranges Apples Mango Peaches Pears Oranges</p>	
<p>Superpower Your Sandwich</p>	<p>Grains Whole-Grain Bread Whole-Grain Tortilla Multi-Grain Bagel Whole-Wheat Pita</p>	<p>Meat/Meat Alternate Sliced Turkey Broiled Chicken Grilled Fish Natural Low-Fat Cheese Hummus Sliced Lean Beef Sliced Hard Boiled Egg</p>	<p>Vegetables Fresh or Grilled Onion Avocado Lettuce Spinach Cucumber Tomato Bell Peppers</p>	
<p>Pasta Extravaganza</p>	<p>Pasta Rotini Bowtie Spaghetti Orzo Rigatoni Penne Elbow Macaroni</p>	<p>Meat/Meat Alternate Baked or Grilled Chicken Baked or Grilled Fish Grilled Shrimp Turkey Breast Low-Fat Cheese</p>	<p>Stir-Fry / Steamed Vegetables Broccoli Carrot Zucchini Winter Squash Asparagus Peas / Snow Peas Tomatoes Corn Artichoke</p>	

Tips for Getting Kids to Try New Foods

- Involve children in the meal preparation.
- Build trying new foods into lesson plans.
- Pick new fruits and vegetables that are in season.
- Change how they eat, ie, chopsticks verses a fork.
- Make meals more colorful and fun.