



# FOR THE LOVE OF VEGGIES

It's no secret some children are likely to eat more veggies when they can dip their favorite crunchy treats in ranch dressing. In fact, according to one study, children eat 23% more vegetables when ranch dip is offered as an accompaniment. Help expand little palettes by experimenting with a wide variety of flavors from an early age - and keep up with it as your children grow. What they don't care for today could be their favorite snack in a few years.

Childhood taste buds (and the willingness to try new tastes) expand and evolve as kids grow. Some will be adventurous from the start, but even the most finicky eaters will take a chance on new flavors at some point - even if it takes until high school! By introducing many healthful and flavorful combinations during childhood, you can help your family develop a lifelong love for nutritious eating.

## Dress It Up

*Mix these nutritious and simple flavors with ranch dressing and serve with your favorite veggies:*

Avocado • Tomatoes • Dill and diced cucumbers • Artichokes and onion • Black beans  
Roasted red pepper, feta cheese • Spinach, water chestnuts

*As you're experimenting with new combinations, involve your children by asking them to:*

- Create a new combination
- Predict what color the final dip may be
- Stir the ranch while you mix the add-ins

