



### Eat Right, Bite by Bite

March is National Nutrition Month® and this year we are celebrating every nutritious bite we take as a step in the right direction. Improving our eating habits is about recognizing small ways we can make changes because these small changes can really add up! We always encourage finding ways of [adding more fruits and veggies](#) to our day, or finding new ways to move even if that means 5-10 minutes of moving for every hour of sitting -[fidgeting counts](#). What are some small, healthy changes you can make this month?

### Try this at Home!

Children are more likely to accept a new vegetable or previously-rejected vegetable if we repeatedly offer it at mealtime or snack time. Recent research show now that if we expose children to multiple types of vegetables, not just one, over and over they are more likely to eat more vegetables than if they were only exposed to one type. How can we do this at home?

1. Choose three vegetables that your child/children neither like or dislike. Vegetables should be cut into bite-size pieces and recognizable (e.g., no 'disguising' broccoli as something else). You can prepare the vegetables any way you want (caramelized -popular with kids, steamed, sautéed, etc.).
2. Offer random combinations of two of the vegetables to your child/children 3 times a week for 5 weeks.
3. Create a "I tried it chart" for younger kids with stickers to track your child/children's progress. Get them involved in the process!

### Parent Power Tips from the SuperKids Nutrition Founder

March is the time to start thinking about spring cleaning, and this year we have some recommendations for how you can "spring clean" your daily routine:

- Get up 15 minutes early and take the time to move your body before the day begins. Stretch, take a walk to the mailbox, or do a few yoga poses or stretches. This may mean getting to bed 15 minutes early, but it will be worth it! [Make exercise a part of your daily routine!](#)
- Replace one cup of coffee a day with tea! Try out one of the [fun homemade teas](#) on our website!
- Add some music to your meal prep! Listening to your favorite tunes and even dancing a bit while you meal prep can make a difficult or boring activity more exciting. Get the whole family engaged!
- Get your family to try a fruit or vegetable they have never tried before, or prepare an old favorite in a new way! Check out our site for a [variety of recipes](#) and meal plans.

Visit us at [SuperKidsNutrition.com](http://SuperKidsNutrition.com) , [Instagram](#), [Pinterest](#), [Facebook](#) and [twitter](#) for fun, tasty and good-for-you ideas!



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