

Benefits of Vegetables for Kids



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1. Vegetables are **lower in calories** which helps to maintain a healthy body weight and rich in **essential vitamins and nutrients** which promote healthy growth.
2. Vegetables are rich in **fiber** which helps with constipation and keeping bowel movements regular.
3. Cruciferous vegetables such as **broccoli** are high in **fiber and vitamin C**. **Vitamin C** is an antioxidant that helps protect the body against harmful molecules.
4. **Carrots** are also **high in fiber and vitamin A**. **Vitamin A** is an antioxidant as well and promotes healthy vision, immunity and cell growth.



MYPLATE SERVINGS PER DAY

HOW MUCH SHOULD KIDS HAVE FROM EACH FOOD GROUP EACH DAY?

	2-3 YEARS OLD		4-8 YEARS OLD		9-13 YEARS OLD		14-18 YEARS OLD	
					GIRLS	BOYS	GIRLS	BOYS
VEGETABLES CUPS	1	1.5	2	2.5	2.5	3		
FRUITS CUPS	1	1-1.5	1.5	1.5	1.5	2		
GRAINS OUNCES	3	5	5	6	6	8		
PROTEIN OUNCES	2	4	5	5	5	6.5		
DAIRY CUPS	2	2.5	3	3	3	3		
OILS TEASPOONS	3	4	5	5	5	6		

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Above Table adapted from <https://www.superhealthykids.com>

For more info on how to get your child to eat healthier, check out this helpful resource: <https://www.healthychildren.org/>

References:

1. American Academy of Pediatrics. (2021). *Healthy Food Choices for your family*. HealthyChildren.org. Retrieved November 17, 2021, from <https://www.healthychildren.org/English/ages-stages/gradeschool/nutrition/Pages/Making-Healthy-Food-Choices.aspx>.
2. Holdaway, M. (2020). *Health Benefits of Broccoli*. Let's Eat Healthy. Retrieved November 13, 2021. <https://www.healthyeating.org/blog/detail/health-benefits-of-broccoli>
3. Griffin, M. (2021). *Vitamin A (Retinoid)*. WebMD. Retrieved November 13, 2021. <https://www.webmd.com/a-to-z-guides/supplement-guide-vitamin-a>

Prep Time:10mins Cook Time: 8mins	Serving Size: 1 pita, makes 4	Ingredients	Cooking Instructions
		1 cup tomato sauce 1 cup grilled chicken breasts 1 cup broccoli chopped, cooked 1 Tbsp Basil fresh 2 Tbsp grated parmesan cheese 4 pitas (whole wheat)	1. Preheat oven or toaster to 450F 2. For each pizza, spread ¼ cup tomato sauce, chicken, broccoli, ½ tbs. Parmesan cheese 3. Place pizza on a nonstick baking sheet and bake for 5-8mins.
		<h2>Pita Pizzas</h2>	

Prep Time:20mins Cook Time: 15mins	Serving Size: 1 cookie, makes 48	Ingredients	Cooking Instructions
		1 cup brown sugar ½ oil ½ cup applesauce 2 eggs 1 tsp vanilla 1 cup whole wheat flour 1 tsp baking soda 1 tsp baking powder ¼ tsp salt 1 tsp cinnamon 2 cups rolled oats 5 ½ cup carrots finely grated 1 cup raisins	1. Preheat oven to 350F 2. In a large bowl, mix sugar, oil, applesauce, and vanilla. 3. In a separate bowl, mix dry ingredients. 4. Blend dry ingredients into the wet mixture stir in carrots and raisins. 5. Drop by teaspoons on greased baking sheet 6. Bake 12-15 mins until golden brown
		<h2>Carrot Cookies</h2>	