

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

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.
- Keep it simple and be patient.