

# kids won't eat veggies?

Don't stress. Kids are likely biologically programmed to avoid many of them. Veggies are often bitter and bitter could imply danger (to cave people). Keep serving them, but make sure they get their nutrients with these fruit alternatives.

## fiber



dried apricots



raisins



kiwi

## iron



strawberries



grapes



blueberries

## calcium



oranges



kiwi



dried apricots

## folate



mango



canataloupe



oranges