

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.





dried apricots



raisins



kiwi





strawberries



grapes



blueberries

calcium



oranges



kiwi



dried apricots

folate



mango



canataloupe



oranges

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