

Supplement your Kids' Diet with Dried Fruits and Natural Fruit Preserves, Jams, and Canned Fruits

Kids can be fussy when it comes to eating and, as a result, can be a source of frustration when you are trying to supplement their diets with more nutritional offerings. You can't blame them as advertisements abound that tempt them to eat sugar-coated and flavored cereals as well as chips and candies. Fortunately, you can include more nutritional, tasty foods in their diet with dried fruits and natural fruit preserves, jams and canned fruits.

Dried Fruits can be Used in a Variety of Recipes

For example, use dried nectarines in fruit salads or salsa recipes. Or, include dried apricots in marinades for chicken or in trail mixes. Enhance the taste of pancakes by including black sweet/semi-sweet plums in pancake mix. Sun dried tomatoes too can be used as a topping for pizzas, pasta salads and combined in recipes for sauces for spaghetti or chili.

Packed with Nutrition

If you find it sometimes difficult to get your kids to eat fresh fruits and veggies, then dried fruits or natural fruit products can be substituted instead. Dried fruit is an exceptional substitute for candy or sweets as it provides approximately four times more energy than fresh fruit. So, a little fruit goes a long way in supplying fuel and nutrients. Therefore, you can, say, sprinkle a few dried apricots in a snack of trail mix and give your kids an optimum serving of both nutrition and energy.

The Benefits of Orange and Yellow Fruits: Extra Vitamin A and C

Dried orange fruits, such as apricots, nectarines and peaches are filled with vitamins A and C, which ward off childhood colds and allergies. These fruits as well as all fruits are loaded with antioxidants, all which are needed to maintain the immune system and reduce the risk of illness and disease. If you want to ensure that your kids eat right then, subtly include dried fruits to the foods you prepare, such as sauces, marinades, glazes, trail mixes, salsa recipes, fruit salads, jellies, pizza and sandwiches.

Dried Fruits your Kids Might Like

For a change of pace, regularly include some of the following dried fruits in your kids' snacks or meals:

- ***Black sour plums***
- ***Black sweet/semi-sweet plums***
- ***Red sour plums***
- ***Apricots***
- ***Nectarines***
- ***Peaches***
- ***Black cherries, yellow or morelo cherries***
- ***Sun-dried tomatoes***

A Healthful Substitute to Soft Drinks: Blend Fruit Leathers with Ice and Water

In addition to dried fruits, you can make iced cold drinks for your kids from fruit leathers. Fruit leathers are baked, pureed fruits and can be a healthful supplement to your children's diet. Add flavorful leathers, such as plum or apricot, to a blender with equal parts ice and water. Your kids will think it beats drinking any soft drink.

Kid-friendly Nutrition

It can be hard, at times, getting your kids to eat right. Hopefully the above information can steer you towards some creative solutions towards a better eating plan.

**Note: Fruitrade offers fruit leathers in apricot, plum and morelo cherry. Use them for snacks or in beverages.*