



Did You Know when kids dip they tend to eat more veggies?

According to a study by the Pennsylvania State University, more kids said they like a vegetable if was paired alongside a flavored dip that they liked when compared to a plain vegetable.



31% of kids participating in the study said they like the vegetable alone, while a whopping 64% -- more than double -- said they liked the vegetable with dip! 34 preschoolers were part of the taste test, and it revealed 18% of children studied did not want to try the vegetables either way, but the results remain encouraging.

Being creative when cooking and preparing veggies can be a fun way and effective way to get your family to practice variety in their diets. And remember, including low-calorie dips in small portions is a calorie-friendly way to encourage more veggie eating by everyone in the family, not kids alone!

For more news about this interesting study please visit:

<http://www.reuters.com/article/2013/05/31/us-health-kids-vegetable-idUSBRE94U12220130531>