



MONSTER GOALS

For years our parents have been preaching at us to eat our veggies. Now it's our turn to "pay it forward" and getting little ones to eat healthy can be a challenge. We hope you have some family fun using this Monster chart. Here are some tips:

Dear Parents,

It is our goal to help you understand the impact you can have on your child's life. That is why we come up with fun tools to keep them healthy. Please check out our Little Iron Mom story at:

www.littleironmom.com/little-iron-moms.

Enjoy!

Karen (Little Iron Mom)

1 Plan Ahead: Be sure to pick up a variety of fruits and veggies to try. Make a dip for veggies or pre-wash fruit & veggies and package into baggies or cups for kids to grab.

2 Be Consistent: Take the time to offer kids an opportunity to earn their monster mouth at every sitting. Get them in the habit of thinking about what they are putting in their monster mouths!

3 Set Goals: If you have an extremely picky eater they may not even want to try things at first. Set goals and use the reward certificates at the end of this download. Add your own rewards in for the kids such as a family ice cream trip, a toy reward or something you know your child loves. Let them feel accomplished!

Remember: Science shows that limiting animal protein intake and practicing a diet of plant-based whole food reduces the risk of cancer and many other diseases. Way to be a superhero for your family!



EAT COLORS MONSTER FRUIT & VEGGIE EATER CHART



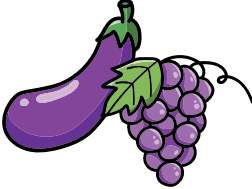
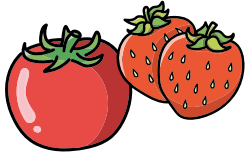

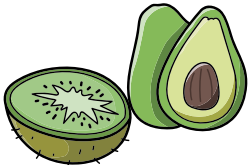

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|------------------|-----|------|-----|------|-----|-----|-----|
| BLUE PURPLE | | | | | | | |
| RED | | | | | | | |
| ORANGE YELLOW | | | | | | | |
| GREEN | | | | | | | |
| WHITE | | | | | | | |

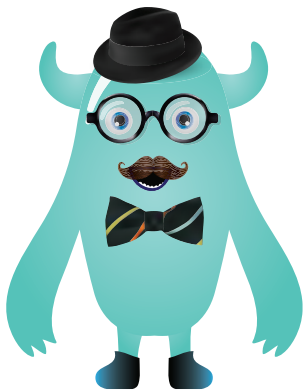
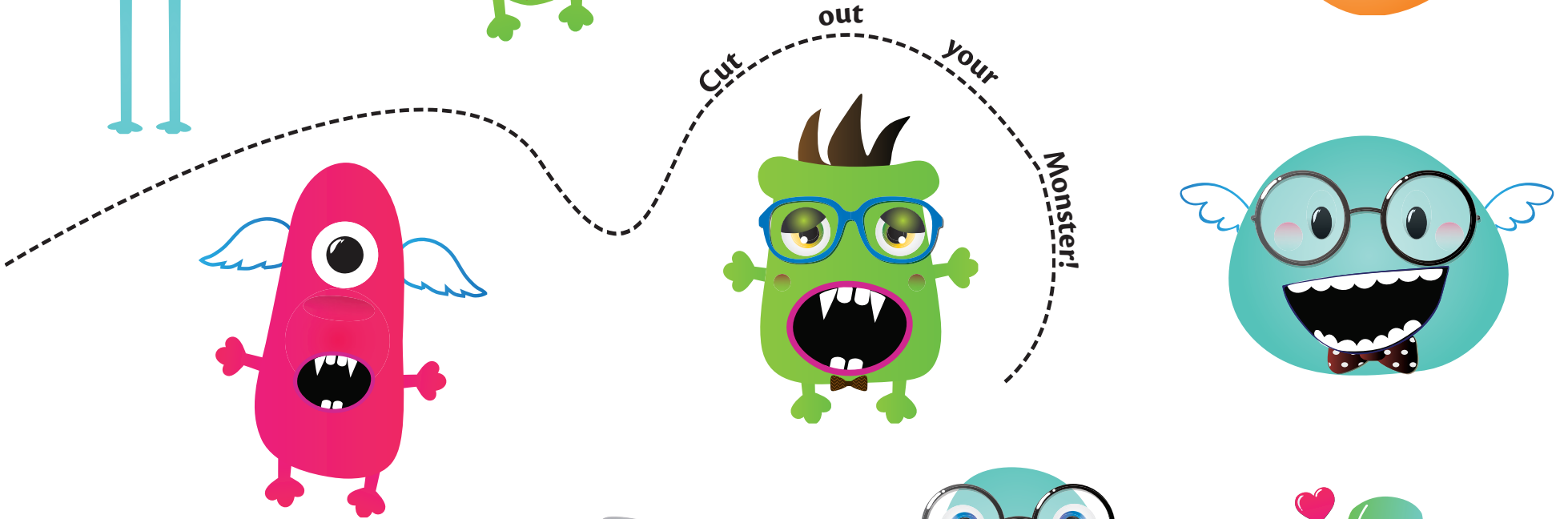
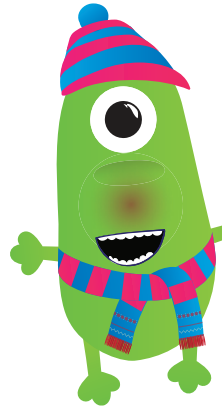




EAT THE RAINBOW

Try to eat foods from each color category each day. Fruits and vegetables get their color from naturally occurring micro-nutrients—such as vitamins and phytonutrients—which are essential for good health. One key function of these nutrients is antioxidants, which include beta-carotene, lutein, lycopene, and vitamins A, C and E. (Not all antioxidants impart color, but eating a colorful range of foods helps you get them all.)

| | FOOD EXAMPLES | POSSIBLE NUTRIENTS | SUPPORTS | |
|--------------------------|---|---|---|---|
| BLUE PURPLE | dark beans, eggplant, beets, blueberries, blackberries, figs | anthocyanin | memory and healthy aging |  |
| RED | apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon | flavonoids, lycopene, vitamin C, folate | heart health, memory |  |
| ORANGE YELLOW | cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, yellow peppers | beta-carotene, vitamin A, vitamin C | healthy eyes, heart health, immune function |  |
| GREEN | asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach | chlorophyll, vitamin K, carotenoids, isothiocyanates, omega-3 fatty acids | healthy bones, teeth and eyes |  |
| WHITE | ginger, jicama, onions, mushrooms, cauliflower | flavonoids | heart health and good cholesterol levels |  |



MONSTER MOUTHS

Eat like a monster! Cut and paste with a glue stick to your chart when you eat certain colors of fruits & veggies each day!

Get help from an adult cutting these out or draw your own monster mouths on the chart instead!



Fold this flap **SECOND** and adhere to side strips



www.LittleIronMom.com

Use this envelope to store extra
monsters and monster mouth stickers

Fold these flaps **FIRST** and put glue on.
**DO NOT APPLY GLUE TO THE LEFT OF
THIS TEXT; APPLY DIRECTLY OVER TEXT**

MY MONSTER MOUTH STORAGE

Fold these flaps **FIRST** and put glue on.
**DO NOT APPLY GLUE TO THE LEFT OF
THIS TEXT; APPLY DIRECTLY OVER TEXT**

Fold this top flap **LAST**

MONSTER EATER AWARD

AWARDED TO

For trying
something
NEW this
week



In honor of your outstanding fruit and vegetable eating, we are naming you as an exemplary member of the Monster Eaters Club where we do not actually eat monsters, but instead we eat like monsters would. Congratulations and Eat On good fellow.



Dr. Green Smart Monster M.A.

Director



Dr. Geek Monster M.Sn.

Executive Director

MONSTER EATER AWARD



AWARDED TO

FOR

In honor of your outstanding efforts to eat the rainbow, we are awarding you the Monster Mouth Cup. Your name will be carved in our Monster Eater Hall of Fame. Good work. Now go eat some more rainbows!

Bob Doe

Bob Doe

Sr. Professor of Monster Eater Association