



Celery

Crazy for Celery!



Nutrition Tips to Increase Celery Consumption

- Place snack size bags of cut up celery and carrots in the refrigerator so children can grab them easily.
- Sneak celery into foods the children already enjoy, such as: soups, casseroles and stews.
- Keep a bowl of fresh cut veggies on the counter to snack on. Children are more likely to eat the veggies if they are frequently exposed to them.
- Offer celery to them on multiple occasions; the more they try it, the quicker they will get used to the taste.

Nutrition Food Activities for Children

- Allow your child to break off and wash the individual stalks of celery.
- Have your child help count out celery pieces as they place them into snack size baggies.
- Make “ants on a log” with your child. Cut the celery into 3-4 inch pieces. Fill middle with cheese spread or peanut butter. Top with raisins to simulate ants crawling on the log.
- Put a twist on “ants on a log” by using a low-fat cream cheese and nuts or other dried fruit as a filling.
- Hold a recipe contest in your household. Have each family member prepare a recipe using the featured ingredient: Celery!

Apple Celery Salad

(serves 10 about 1/2 cup each)

Ingredients:

- 2 red apples, diced
- 2 green apples, diced
- 1 cup sliced celery
- 1 cup low-fat vanilla yogurt
- 1/4 cup chopped walnuts
- 1/4 cup golden raisins

Directions:

1. In a medium bowl, combine all ingredients.
2. Chill until serving.



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

