

LEARN ABOUT

HEALTHY EATING FOR PICKY EATERS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider



How to Help With Picky Eating

► Get Kids Involved:

Let them be “produce pickers.” At the store, let children pick out fruits and vegetables they want to try

► Help make meals together:

Children like to taste food they helped make! Let them wash vegetables, add ingredients, or stir the food

► Give Choices:

Instead of asking, “Do you want broccoli for dinner?” try asking, “Would you like broccoli or cauliflower?” Giving choices makes children feel more in control.

► Eat Together as a Family:

Have meals together and talk about your day. Share funny stories or things that made you smile. Turn off the TV and put phones away so there is a focus on family time.

► Serve the Same Food to Everyone:

Let children see you eating healthy foods too! Talk about how the food looks, feels, and taste-test.

Tips on Trying New Foods

- **Start small.** Give children just a little bit of a new food at first. Be patient and remember that trying new foods takes time
- **Offer one new food at a time.** Put new food next to something they already like
- **Be a role model.** Try new food yourself! Tell children what the food tastes, feels, and smells like
- **Try new foods when they're hungry.** The beginning of the meal is a good time to serve new foods
- **Don't give up!** Sometimes kids need to try new food 8 to 12 times before they like it

Get Creative and Make Food Fun!

- Use cookie cutters to make fun shapes from fruits, sandwiches, or cheese
- Let your child invent new snacks by mixing foods together. Try pairing two food groups together, like yogurt and fruit or crackers and cheese.
- Name the snack after your child or something else that is fun
- Think of other fun ways to play with food and enjoy it together