

# Tips for Choosy Eaters

It is normal for young children to refuse certain foods and not eat very much at times. Here are some things you can do to help choosy eaters try healthy foods more often.



## Be a healthy role model. ▶

Your children learn from watching you. If you eat fruits and vegetables, little by little they will too.



## ◀ Include your child in preparing meals.

Children are more likely to eat foods they helped make. Give them small jobs to do, like tearing lettuce, snapping green beans, stirring pancake batter, or rinsing fruit.



## Offer only one new food at a time. ▶

When introducing a new food, serve something you know your child likes along with it.



## ◀ Try a new texture.

Some kids don't like the way a food feels in their mouth. Prepare vegetables in a new way, such as shredded, roasted, or raw with dip.

## Try, try again.

Continue to offer a new food, even if your child has refused it before. Some children need to see a food 10 or more times before they will try it.