

PICKY EATING

BUILDING HEALTHY COMMUNITIES



A fear of new foods is normal, common, and temporary in children. Children will begin to assert independence in food preferences as they develop. Appetite and preferences can vary each day - and it's important to remember - that is *okay!*

REQUIRES PATIENCE & CREATIVITY

Start by introducing new foods early to promote acceptance. Introduce one new food at a time, pairing them along with familiar, accepted foods.

Make food fun by creating eye-catching plate arrangements. Using cookie cutters can aid in making colorful, fun shapes and themed meals!

Using new herbs & spices or pairing a combination of flavors such as sweet with salty or sour with bitter can be enticing. Increase fruit and vegetable consumption by mixing them into 'liked' dishes. Be respectful of 'eating quirks' to show consideration for a child's preferences.

Encourage trying everything, *often*, and let kids pick out what they want to try. Be consistent, patient, and don't give up!



SUBSTITUTION TIP!

Fresh Fruit	—————>	Dried, pureed
Cooked Veggies	—————>	Raw slices, or salad
Meat	—————>	Eggs, tofu, nut butter
Milk	—————>	Yogurt, soy, cheese



BHC INSTAGRAM



BHCWSU.ORG



BHC TWITTER