How to Help Picky Eaters

It's normal for young children to be wary of new foods and/or want to eat the same things each day. Most children will eventually try a new food, but you may need to offer the food up to 15 times over the course of a few months before your child will accept it.

Did you know? The average person has around 10,000 taste buds. Younger children tend to have the greatest number of taste buds, which is why certain foods may taste stronger to children than they do to adults.

For more information, tips, and activities, visit Wellness Foundation's website at www.wfeh.org.

WW kids
HEALTHY FOOD FOR LIFE

- Keep healthy foods in plain sight—children will be more likely to try them—and adults will be more likely to eat them as well!
- Lead by example—if your child sees you eating your fruits and vegetables and trying new, healthy foods, he or she will be more likely to follow suit.
- Involve your child—when children play a part in selecting healthy foods at the grocery store as well as in preparing them at home, they are more likely to try them.
- Start with small portions when introducing new foods, and try to avoid introducing more than one at a time.
- Make sure your child is hungry—kids are more likely to try new foods when hungrier.
- Avoid engaging in power struggles—if you maintain a relaxed, positive attitude, your child will be more likely to try new foods.
- Build on each new food—once your child does accept a new food, try to build on that progress by serving another food with a similar taste or color.
- Make it fun—the more you can turn trying new foods into a game or adventure, the more likely it is that your child will taste them--and enjoy the experience.

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