

Helping your child try new foods

For parents of young children

 Foodwise, University of Wisconsin-Extension

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<http://fyi.uwex.edu/foodwise>

As children grow and develop, their food preferences may change. As a parent, you might find this “picky eating” a challenge. But there are some things you can do to help your child try new foods—and learn to love the same food your whole family enjoys.

Offer your child a variety of foods, starting from an early age. It can take up to 15 tries for a child to accept a new food.



Help your child develop healthy eating habits by establishing roles for yourself and your child.

Parents should decide what, when and where foods are offered.

The child should decide how much to eat.

- Do: offer small portions of new foods.
- Do: serve a new food with one or more foods your child already likes.
- Do: offer new foods first. Your child is most hungry at the beginning of a meal.
- Do: make the dish look fun/colorful.
- Do: eat together each day.
- Do: be a healthy role model. Eat healthy foods yourself.
- Do: serve everyone in the family the same healthy foods.
- Do: involve your children. Plan meals, shop and cook together.



- Do not: bribe your children with treats or dessert if they eat healthy foods.
- Do not: force your child to clean their plate.
- Do not: force your child to try new foods. But, encourage them to take a taste. If they do not want to try it, offer the food again another time.

Contact your local FoodWise program to learn more:

