

# Helping your child try new foods

For parents of young children

 Foodwise, University of Wisconsin-Extension

 @foodwise\_uwex

 @foodwise\_uwex

<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:**

*FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply.*

*An AA/EEO employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and the Americans with Disabilities Act (ADA) requirements.*



**FOOD  
WISE**  
Healthy choices, healthy lives.

**UW-MADISON EXTENSION**