

# 7 TIPS FOR TRYING TO GET A PICK EATER TO TRY NEW FOODS

1

Introduce foods with a flavor or texture similar to a favorite food. Mimicking favorite food recipes, but perhaps swapping out just part of the recipe for a different seasoning, veggie, or protein source.

2

Expose your child to new foods gradually, making sure not to overwhelm him with adding multiple new foods at once.

3

Try just placing a new food on the table for the first few times, then after a couple of introductions perhaps put the food on their plate without expecting them to try the food.

4

Do not force your child to eat all of a new food, allow experimentation. Allow only tastes, touch, or smell during introduction periods if needed.

5

Mirror desired behavior by eating new food as a family, talk about a new food positively.

6

Make food fun. Allow your child to pick a new food item at the store or pick from the garden. Perhaps have them help you pick out a recipe. Once again, no pressure to eat it.

7

Try to be creative with presentation. Sometimes just making a fun shape or presenting the new food on a fun plate or bowl works great.



*Denise Voight*