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.