

How can I help my child learn to eat new foods?

Does your child refuse new foods? This can be frustrating for a parent but don't give up. It generally takes children time and repeated exposure to learn to eat new foods. Here are a few tips that might help get your child more interested in trying new foods:

Be a role model

- Your children will want to try new foods if they see you eating them.



Get your kids involved

- Take your children grocery shopping. Allow them to pick out new foods to try.
- Let them help you prepare meals, snacks and school lunches.

Let your kids see, smell and touch new foods

- Even if they don't eat it at first, becoming comfortable around and familiar with new foods, will increase the chances they will eat them eventually.

Be creative

- Present food in creative ways. Cut foods into fun shapes using a knife or cookie cutter.
- Use foods to make faces or pictures on your child's plate.

Add variety

- Try experimenting with one new food a month.
- Offer new foods prepared in a variety of ways.

Introduce new foods with familiar foods

- Offer kale with their favourite family meal.



Most importantly remember to...

Relax

- Never force children to eat anything they do not want to. This can actually make them want it less both now and in the future. Teach them to politely turn it down.

Keep trying

- Keep offering your children foods even if they refused it the time before. Most children need to be introduced to a new food at least 12 times before they will try it.

For more information or support about picky eating contact a Registered Dietitian in your area or visit the following websites: www.ellynsatterinstitute.org and www.eatrightontario.ca