



# HOW TO HELP YOUR Picky Eater



It's normal for young children to be wary of new foods and/or want to eat the same things each day. Most children will eventually try a new food, but you may need to offer the food up to 15 times over the course of a few months before your child will accept it. Have patience!

## TIPS FOR ENCOURAGING FOOD TRIAL:

### INVOLVE YOUR CHILD

When children play a part in selecting healthy foods at the grocery store as well as in preparing them at home, they are more likely to try them.

### MAKE IT FUN

The more you can turn trying new foods into a game or adventure, the more likely it is that your child will taste them--and enjoy the experience.

### LEAD BY EXAMPLE

If your child sees you eating your fruits and vegetables and trying new, healthy foods, he or she will be more likely to follow suit.



**KEEP HEALTHY FOODS IN PLAIN SIGHT** — Children will be more likely to try them—and adults will be more likely to eat them as well!

**START WITH SMALL PORTIONS** when introducing new foods, and try to avoid introducing more than one at a time.

**MAKE SURE YOUR CHILD IS HUNGRY** — Kids are more likely to try new foods when hungrier.

**AVOID ENGAGING IN POWER STRUGGLES** — If you maintain a relaxed, positive attitude, your child will be more likely to try new foods.

**BUILD ON EACH NEW FOOD** — Once your child does accept a new food, try to build on that progress by serving another food with a similar taste or color.

## Did you know?

The average person has around **10,000 taste buds**. Younger children tend to have the greatest number of taste buds, which is why certain foods may taste stronger to children than they do to adults.

FOR MORE INFORMATION,  
TIPS, AND ACTIVITIES, VISIT  
**wfeh.org**

**Wellness Foundation** is a non-profit organization committed to improving the health of people and the planet through our highly acclaimed, cutting-edge, plant-based programming. Our **WKids** program has empowered over 30,000 kids and their families on the Eastern End of Long Island. Whether you are a teacher, parent or anyone who works with kids, you can now bring our **WKids** Online program to the kids in your life. This interactive series teaches kids the importance of building healthy habits and focuses on choosing whole foods vs. processed foods, exercise, mindfulness and stress management in a fun and age-appropriate way. Kids learn how their choices impact their health and the health of the planet. Visit our website at **wfeh.org** and join the Wellness Revolution for Kids today!

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