

TIPS FOR EATING
MORE FRUITS/
VEGGIES:

- Add veggies to sandwiches, pasta, chili, soups, casseroles, and pizza
- Add fruit to cereal, oatmeal or pancakes
- Provide fruits and veggies as snacks
- Cut fruits and vegetables into shapes that the child can dip

Tips for Picky Eating

- ◆ It can take a child up to 20 times of seeing a new food before they accept it as a normal part of their diet. Keep offering new foods!
- ◆ Schedule regular meals and snacks. This means 3 meals a day, and schedule snacks so feeding intervals are every 2-3 hours.
- ◆ Don't short order cook. This means if your child refuses to eat what you have cooked for a meal, don't make a separate meal for them. Make one meal for everybody with a variety of items.
- ◆ No “dole outs”, for example, do not give your child food if they refuse to eat a meal but then come into the kitchen looking for food 10 minutes after the meal is over. Ask them to wait until the next snack time.
- ◆ Involve children in the selection, preparation and meal planning.
- ◆ If a child refuses to eat a meal and only asks for dessert, start to serve a small portion of dessert with the meal. Your child will likely eat the dessert first, then realize they are still hungry and eat the meal.
- ◆ Choose your battles (you can't force your toddler to eat). If they are not eating or refuses to eat at mealtime, say, “OK, that's fine, but we'd love for you to sit here and keep us company.”
- ◆ Be a role model by eating fruits and vegetables for snacks and during meals

