

Helping Kids Try New Foods

- **Let your child choose new foods.** Kids are more open to trying new foods when they feel they have a choice. When shopping, let your child select a new food from two or three choices.
- **Be a good role model by eating new foods with your child.** Your child learns how to eat new foods by watching you. Try to eat at least one bite of foods that are new to your child.
- **Help your child learn about new foods.** Talk about the color, shape, smell and texture of the new food. It's OK if your child plays with new foods because it is their way of learning!
- **Avoid forcing your child to eat.** Kids like new foods LESS if they are forced on them. They also like new foods LESS when they are given bribes or rewards for eating them, so avoid "clean plate" or "just one bite" rules.
- **Make food fun!** Create shapes in foods with cookie cutters, serve a snack with foods all of one color, or arrange foods on a plate in the shape of a face or animal.
- **Try not to hide veggies.** When children don't know they're eating vegetables, they're not learning healthy eating habits. Instead try talking to your children about the veggies in the recipe or have them help cook it!

New foods today for good health tomorrow!

