Repeater-Eater Log



Child's Name:	
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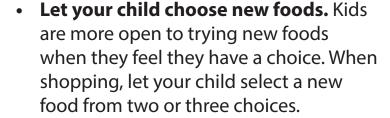
It can take a minimum of 10-12 exposures before our taste buds accept a new food! So keep trying, get creative with recipes and have some fun exploring new foods. Use this log to check off each time your child tries a fruit or vegetable. Check out our tips for how to increase the fruits and vegetables your child eats, even if they are a pickier eater!

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FOOD	1	2	3	4	5	6	7	8	9	10

Helping Kids Try New Foods





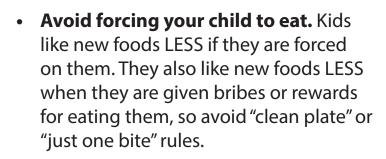




• Be a good role model by eating new foods with your child. Your child learns how to eat new foods by watching you. Try to eat at least one bite of foods that are new to your child.



 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!



- 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!