

Quick Tips for Dealing with Picky Eaters



It's no secret that some kids are picky eaters. Follow these quick and easy tips to get your kids to not only eat, but to like eating healthy!

- *Start introducing healthier elements into foods that your kids already like. For example, offer banana pancakes, carrot muffins, fruit slices in a favorite cereal, shredded veggies in spaghetti sauce and casseroles, and chunks of bell pepper in potato and macaroni salad.*
- *Dip fruits or veggies in sauces or dips! Kids love to dip things, and sometimes that addition of ranch or yogurt can make the difference from “icky” to “yummy”.*
- *Include your kids in cooking meals for the whole family! Letting kids take part in preparing meals not only gets them familiar with what they are eating, it gives them a sense of ownership over the meal, so they will want to eat it.*
- *Repeat foods often. If you serve a new food to your children and they refuse to eat it, try offering it a few times throughout the next month. Research has shown that kids have to try a new food 15-20 times in one month to accept it as a food they like.*
- *Sweeten vegetables that kids don't like to encourage them to eat them. Try drizzling maple syrup or orange juice over squash, carrots or cabbage.*
- *Be a positive role model. Kids are very impressionable and often mimic others. Set a good example by eating a variety of fruits, vegetables, and other healthy foods. Often, your kids will eventually follow and eat them too.*