

FAMILY NEWSLETTER

PICKY EATERS

Dealing with children who are picky eaters is never an easy task. Being a “picky eater” can mean several things in children. It can mean eating small meals, eating slowly, showing a lack of interest in food, acceptance of a limited variety of foods, unwillingness to try new foods, limited intake of fruits and vegetables, as well having strong food preferences. These behaviors all lead back to the overall problem of limited food acceptance. Our goal with Grow It, Try It, Like It! is to expose children to a variety of new foods, as early childhood presents a unique opportunity to influence food acceptance and preferences that can influence health over the lifespan.

Tips for trying new foods:

—
Never force a child to try something

—
Offer food items multiple times

—
Don't prepare separate meals for children

—
Encourage children to help in the kitchen

—
Offer small portions of new things

Additional resources for picky eating children: *Secrets of Feeding a Healthy Family* by Ellyn Satter



The USDA is an equal opportunity provider.