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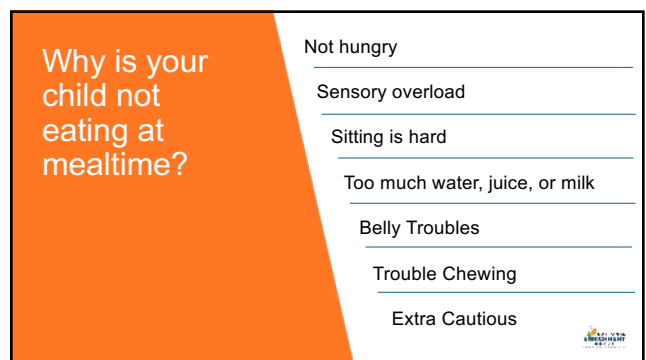
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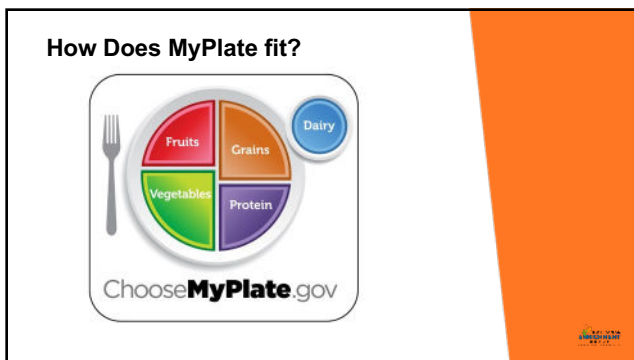
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Picky Eating Tips

2. Start with smaller portions

- Use smaller bowls, plates and utensils for your child.
- Don't insist that children finish all the food on their plate. Let your child know it is okay to only eat as much as he or she wants at that time.



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WHICH PLATE WOULD YOU CHOOSE IF YOU DIDN'T LIKE BROCCOLI?



A large, overwhelming portion of broccoli

A teeny tiny portion of broccoli with no pressure

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Picky Eating Tips

3. Pair familiar foods with new foods

WHEN ALL THEY WANT IS THIS

Only the favorites that they want to eat



THEN give THEM THIS

Continue to expose them to new or disliked foods in small portions and engaging ways



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Picky Eating Tips

4. Sometimes all it takes is trying the food another way

Offer Variety!



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Picky Eating Tips

4. Sometimes all it takes is trying the food another way

Offer Variety!



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Picky Eating Tips

5. Include them in the kitchen

Kids like to try foods they help make



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Picky Eating Tips

5. Include them in the kitchen

A child that helps in the kitchen...



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Picky Eating Tips

5. Include them in the kitchen

Tries and likes more foods



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Picky Eating Tips

5. Include them in the kitchen

Gains confidence, feels important and proud



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Picky Eating Tips

5. Include them in the kitchen

- Learns early math and science concepts
- Develops small muscle skills
- Learns new vocabulary



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Picky Eating Tips

5. Include them in the kitchen

Learns responsibility with cleanup



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Age	Activities
18 months to 3 years	Rinse produce, stir ingredients, oil pan or veggies with pastry brush, use plastic cookie cutters, arrange foods into interesting shapes/designs.
3-5 year olds	Measuring, cut soft items with sturdy plastic knife/dough scraper, tearing greens, kneading, spreading, pick herbs
5-7 year olds	Cut herbs with scissors, peel oranges and cooled hard boiled eggs, setting the table, push button on blender
8-11 year olds	Peel vegetables, open cans, crack eggs, learn and use basic knife skills with small knife, whisk, find ingredients, follow a simple recipe
12 years and older	Chop vegetables, make salad, boil pasta, cook eggs, basic menu planning, supervised microwave and stove use, then more complex recipes and gradually less supervision

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Picky Eating Tips

6. Dine “family-style” if possible



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As a Role Model

- Wash your hands
- Set your place at the table
- Serve yourself a child's portion of every food component on the table
- Remain seated, assisting children as needed
- Wait patiently for food to be served
- Try all foods enthusiastically
- Say “please” and “thank you”
- Eat slowly setting the pace for the children
- Engage in meaningful child conversations
- Handle spills calmly
- Wait patiently while children eat
- Enjoy your meal
- Clear your place setting
- Wash your hands

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Picky Eating Tips

7. Make mealtime a positive environment

Offering Foods with No Pressure

- What you can say to offer food without pressure:
“Today we have curried chicken – children in India eat their chicken this way. It tastes spicy. See what you think...”
- Praise them when they try it
- Don't make a big deal if they don't like it or won't try it but do not offer alternatives

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Picky Eating Tips


Talking about Nutrition

- Children should learn the benefits of eating nutritious foods
- Whole grains for fiber and energy
- Fruits and Vegetables for fiber, vitamins, and minerals
- Dairy for Calcium and Vitamins (healthy strong bone)

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Picky Eating Tips

Teach how to politely decline food



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Other Considerations

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Help them know when they've had enough

01

Let them learn by serving themselves

02

Avoid praising a clean plate

03

Reward children with attention and kind words, not food

04

Try not to restrict specific foods

32

No matter when you offer desserts...

01

Don't make them a big deal

02

Avoid making them eat certain foods or amounts before eating the dessert

03

Don't speak negatively about desserts

04

Avoid using dessert as a reward

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You Have the Power

Remember

Small changes can achieve HUGE results – especially with food and nutrition.

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Stay Consistent

- **Be Patient:** It might take a few tries before your child accepts a new food. Stay patient!
- **Stay Informed:** Make sure to follow nutrition guidelines for your child's age group.

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Professional Support & Healthy Relationship with Food

- **Consult Experts:** Nutritionists or pediatricians can offer personalized advice
- **Foster a Positive Relationship:** Avoid power struggles; keep mealtimes calm and patient

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