

Picky Eating

Toddlers are “eaters in training,” so it’s normal for them to go through periods of picky eating. With time and practice, your child will learn to enjoy a variety of foods. Be patient, and encourage them by:

- ✓ letting them smell, touch and taste new foods
- ✓ offering a new food along with at least one food they already like
- ✓ letting them eat at their own pace, whether that’s fast or slow
- ✓ offering foods with a variety of textures
- ✓ eating together, and offering them foods from the family meal
- ✓ being a good role model by eating a balanced, healthy diet
- ✓ not pressuring your child, and instead trusting them to decide whether to eat and how much to eat



TRY THIS

Let your toddler pick out a new vegetable or fruit each time you visit the grocery store. Or try growing a few vegetables together. When children help choose and prepare meals, they often enjoy them more.



DID YOU KNOW?

Your toddler may need to be given a new food lots of times before they’re willing to try it. Keep offering new foods, and include ones they’ve refused in the past.

