

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 her by:

- ✓ letting her smell, touch and taste new foods
- ✓ offering a new food along with at least one food she already likes
- ✓ letting her eat at her own pace
- ✓ offering foods with a variety of textures
- ✓ being a good role model by eating a balanced, healthy diet
- ✓ letting her help prepare meals and snacks
- ✓ trying not to put too much pressure on her to eat more, to eat less, or to eat foods other than those she’s willing to try



TRY THIS

Let your toddler choose a new vegetable or fruit each time you visit the grocery store. Or try growing a few vegetables together. Many children will happily eat foods they’ve chosen, grown or helped prepare.



DID YOU KNOW

Your toddler may need to taste a new food lots of times before she finally eats it. Keep offering new foods, and include ones she’s refused in the past.

