

Getting Children to Eat New Foods

Children are curious but suspicious of the unknown.

- Introduce only one new food at a time.
- Partner the new food with favorites.
- Give only a small portion, like one bite.
- Offer NO new food when child isn't feeling well.
- Let child refuse and offer the same food a few days later.
- Be sure child eats with the family to see others eating the new food.
- Let your toddler get acquainted with a new food by touching it, smelling it and playing with it before tasting it.
- Serve a dip of yogurt, pureed cottage cheese, ketchup, or salad dressing to go with the new food.
- Serve the new food again after a week or so.

