

How to Get Kids to Try New Foods

1. Start Early. Kids start developing food preferences prenatally! Food preferences developed before age five will affect eating habits throughout life.
2. Don't force or negotiate with children to eat new foods. For example, "if you finish your carrots, you can have cake". This teaches them that the food is not good in and of itself. Kids are more responsive when they try foods in a pleasant, unpressured environment.
3. Be a model of healthy eating. Eat meals together as often as possible. You are in control of what kind of food is in the house.
4. Include your children in meal preparation. Research shows that children who are involved in cooking are more likely to try and enjoy new foods and eat more vegetables.
5. Be silly! Make mealtime fun, especially when trying new foods. Act like a rabbit eating a carrot, or a dinosaur eating kale! Children respond positively to this.
6. Kids are more likely to try a new food if it's paired with a known food!
7. It takes an average of 6-15 attempts for a child to accept a new food. Be patient and continue to offer a food during different meal times even after it's been rejected.

