

Pleasing Picky Eaters

It isn't easy feeding kids, especially when they're picky eaters! See if any of these tips will work for you!



Count to 10

A young child may need to taste a new food up to ten times before he will actually “like” it! If your child wants nothing to do with a food at first, just take it away. Don't make a big deal over it. Wait a few days and then try offering the food again – maybe cooked a different way, or with a different sauce – and without any pressure for him to eat it.

Compromise

If your child *really* wants to have cookies, let her have one of her favourite cookies and then healthy it up with a tall glass of milk or fortified soy beverage. When you have time, bake your own batch of cookies together using oatmeal, whole wheat flour.

Eat together

Kids who eat together eat better! They have healthier eating habits, tend to eat more fruits and veggies, and less saturated and trans fats. Plus there's research to show that eating together leads to better behaviours during the teenage years.

Team up

Spend some time in the kitchen making tomorrow's lunch or creating a healthy snack. Preschoolers can help wash fruit and tear lettuce. Young school-aged children can stir muffin batter, crack eggs, and spread margarine on toast.

Use your imagination...and their's too!

Make food fun to eat! Kids love to eat food that has interesting colours and shapes. Cut sandwiches into triangles, or into stars with a cookie cutter. Let kids make their own funny face pizza bagels – imagine pepperoni eyes, a red pepper mouth, and a cute pineapple nose.

Be a great role model!

Kids pick up on your feelings about food. Your child will be more likely to try green beans or squash if he sees you eating them too!

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