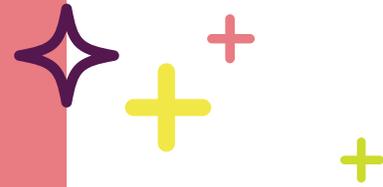




Picky Eating

Tips for Parents



Lead by example. Kids notice what you eat—so show them how much you enjoy healthy foods.

Skip the bribes. Offering rewards for eating veggies doesn't build lifelong healthy habits.

Keep mealtimes positive. Don't pressure or punish if your child refuses something new. Instead, keep the mood light—talk about your day, not just the food.

Involve your child. Let them pick a fruit at the store, stir a recipe, or set the table. When kids help, they're more likely to try the food.

Be patient and persistent. It can take 10-12 tries before a child accepts a new food. Keep offering small tastes without pressure.

Start small. Two or three bites are enough—no need for a full plate.

Avoid food "games." Attention doesn't equal appetite. Stay calm and consistent.



Making Fruits & Veggies Fun



Keep pre-cut fruits and veggies in the fridge for easy grab-and-go snacks.



Let your child help with gardening, shopping, or prepping produce.



Change up the presentation: sliced apples, veggie sticks with dip, smoothies.



Offer small portions regularly, without pushing or forcing.

