







FEEDING YOUR "PICKY" EATER

Want your kids to eat healthy, but feel like it's a constant battle? It's really not so hard to turn your picky eater into a healthy eater with a little thought, planning and patience.

 Younger children are more open to new foods, so introduce a wide variety early on. Don't give up if he or she doesn't like it! **It can take TEN EXPOSURES for a child to develop a taste for a new food.**

 Just a bite or two of any food seems to be do-able, even if it's new and strange. If they like it, you can always give them more. But, **don't force them to eat everything on their plate.** Kids should learn to listen when their bodies say they're full.

 **Let them help** with the grocery shopping, and have them pick out a new fruit or vegetable to try. Get them in the kitchen to help you prepare food.

 Rather than battle with your child to eat broccoli, **give them the choice** between broccoli or green beans. They are more likely to eat whichever one they picked, just because they picked it.

Are they really *that* picky?

Sometimes eating big snacks throughout the day means your child isn't even hungry come meal time.

