

Healthy Habits for Picky Eaters

Feeding a picky eater can be an adventure—and sometimes a test of patience! If your child turns their nose up at veggies or refuses anything that isn't shaped like a nugget, don't worry; picky eating is normal and often temporary. With consistency, creativity, and some good humor, you can set the stage for healthy eating habits that last a lifetime.

Family Meals Matter



Eating together as a family helps kids see positive examples of balanced eating. Make meals screen-free and focus on connection. Invite your kids to help with meal planning and preparation—they're more likely to try something they helped create.

Involve Their Senses



Let your child touch, smell, and explore new foods before eating.

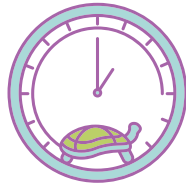
Sometimes they need to build familiarity with a food's texture or appearance before tasting it.

Avoid Battles



Your child won't starve. Most young children get all of their nutrients within a week, not in a day.

Introduce New Foods Slowly

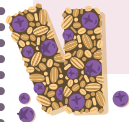


It can take 10-15 exposures for a child to accept a new food, so keep offering without pressure. Start with small portions, and don't panic if they refuse—each exposure counts! Use Perseverance and keep introducing new foods.

Snack Smarter



Stock up on nutritious snacks like fresh fruit, veggies, nuts, and whole-grain crackers. Avoid the trap of "filler foods" that leave them unsatisfied or cranky later.



Remember

You are in charge of what you offer and when they eat, your child is in charge of how much.

Strength Spot

Take a moment to notice your child's curiosity when they interact with new foods or their independence when they pick a healthy snack. Celebrate their courage to explore flavors, even when it's just a small step forward. Over time, these habits will grow into confidence and healthier choices.

Keep It Colorful



The phrase "Eat the Rainbow" isn't just catchy; it's a simple way to ensure a variety of nutrients. Red foods like tomatoes are rich in antioxidants, while green options like spinach support immune health.

Model Healthy Eating

Kids mimic what they see. Show enthusiasm for trying new foods and practicing balance.



[Click to Hear Tips](#)