



Count Down the Top 10 Tips for Turning a Picky Eater into a Foodie

10) Set the example. Sorry parents - if you want your kids to eat their veggies, you're going to have to let them see you eating veggies as well - and often!

9) Pair new foods with foods they already like. For example, mix peas or broccoli into mac 'n cheese. Pro-tip: cut the broccoli up super fine or even grate it so your kid can't pick it out.

8) Offer water to drink between meals. Milk and juice fill kids up so they're less hungry for healthier foods. Even the natural sugars in milk and juice can contribute to cavities. Kids should always eat fruit, not drink it.



7) Avoid using dessert as a reward for eating healthier foods. This reinforces the idea that veggies are less desirable than sweets.

6) Starting at about 6 months of age, gradually offer foods with a variety of textures and tastes, including bitter foods like broccoli and kale. Purees should never be mixed into a bottle: Offer all food in a bowl with a spoon. Babies can eat any type of food as long as it's not a choking hazard or honey. Introducing a good variety of plant-based foods between 6 and 12 months is key.

5) Avoid setting yourself up for power struggles with your toddler - you will always lose! Growth slows after the 1st birthday and toddlers need less food than you think they need. Your job is to offer healthy meals and snacks. Your child's job is to eat the food - or not! Respect their ability to know when they're hungry or full. Don't make them clean their plate or try to cajole them into taking another bite when they're pushing it away. As long as they're following their growth curve at check ups, they're getting enough.

4) Repetition is key. Young children are reluctant to accept new foods. Keep offering the food regularly and let them see you eating it often. You may have to offer the same thing up to 15 times before they'll consider taking a bite. Don't give up. If they start refusing foods they used to love, don't assume it's permanent - try again in a week or two.

3) Keep processed snack foods out of the house altogether. Very few of us can resist reaching for the chips if they're temptingly sitting on the shelf. Instead, keep fresh fruit and cut veggies, hummus, or freeze-dried veggies readily available for when it's time for a snack.



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2) Get kids involved in menu planning, shopping, and meal preparation. Studies have shown that this is one of the most effective ways to get kids to eat what's cooked.

1) Make mealtime about family time. Strengthen the connection to each other through communication by asking about everyone's day. Develop mealtime traditions like taking turns saying the prayer or start a family gratitude practice. Along with getting kids involved in the meal prep process, this has been shown to be the most effective strategy for getting kids excited about what's for dinner

Bonus Tip: Enjoy the process! Feed your child with love and patience and don't forget to have fun.