

# Tips for Childhood **TRYING NEW FOODS**

*Help your child try new foods by having fun, avoiding pressure and building independence during mealtimes.*

## **7 Kid-Approved Ways to Have Fun with Food**



Make fun food art



Try dips



Make fun food shapes



Cook together



Baby Trees!

Make silly food names



Get creative with toppings



Try colorful plates and cups

Picky eating is common during the toddler years and most children will outgrow it with time. If you are worried about how your child is growing or if you think they have more extreme eating challenges, talk to your WIC nutritionist or health care provider.



SCAN ME

Scan the QR code for more picky eating tips

# Mealtime Tips

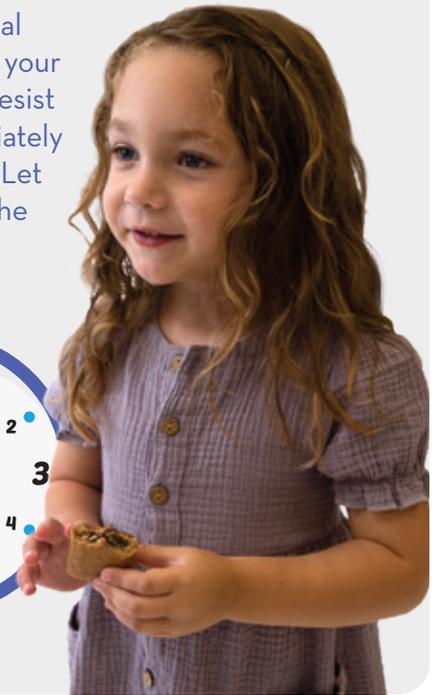
## OFFER NEW FOODS WITH FOODS YOUR CHILD ALREADY LIKES

Include one or two foods your child enjoys when you introduce something new. Allow your child to decide if and how much to eat without making a big deal out of new foods.



## AVOID THE SNACK TRAP

Stick to regular meal and snack times. If your child doesn't eat, resist the urge to immediately give them a snack. Let them know when the next meal or snack time is.



## STAY POSITIVE AND BE PATIENT

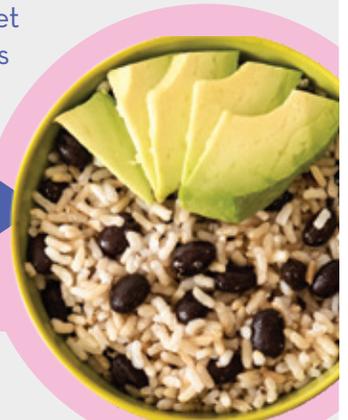
It can take up to 15 times for a child to try a new food. Stay positive and avoid labeling your child as a picky eater. Serve foods in different ways to help your child explore new flavors.



## GIVE YOUR CHILD CHOICES

Serve meals family style, let your child choose toppings or offer two food options to pick from.

Corn or Tomatoes



Mangoes or Berries



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