SURPRISING TIPS FOR SELECTIVE OR PICKY EATERS

• **Serve a Variety of Color**: If a child dislikes a specific fruit or vegetable, they can still get the nutrition they need by eating variety!

• **Serve it on a Cracker**: Serve new foods on crackers for tasting. Leave some crackers plain!

• **Add Sprinkles to Smoothies**: Sprinkles can add excitement to a smoothie!

• **Provide a “No Thank You” Bowl**: This helps your child to build a sense of independence and choice with food. It encourages them to interact with foods by picking up to place in the bowl.

• **Serve Dessert with the Meal**: If a child is fixated on dessert, it may help to serve a small amount of dessert with the meal to decrease mealtime distraction.

• **Encourage Playing with Food!**: Try the “Touch, Sniff, Kiss, Lick, Bite” method to help improve food exposure. The more food exposure that is allowed, the more a child is willing to try something new.