



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.

