

Fussy Eaters

It is common for children to be fussy or hesitant to try new foods.

This can be difficult or frustrating for parents, however, it is important to expose children to a variety of different foods from the five core food groups to ensure they are meeting their nutritional requirements.

Try these tips to encourage fussy eaters to enjoy new foods

1. Involve your child – get them involved in the planning and preparation of their food. Discuss with them what foods they enjoy and what new foods they are open to trying. Explain to them how these new healthy foods can help them improve their energy for sports and activities and brainpower for school.
2. Ask your child for input – if your child is consistently not eating a certain food discuss with them why this is. It may be the texture or how it is served. Give your child options but limit these. For example, ask your child would you like carrot or celery sticks with hummus in your lunchbox today?
3. Be a positive role model – role model enjoying different healthy foods, your child learns from you.



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Getting kids involved in food preparation and exposing them to a wide variety of foods can help with future fussy eaters

4. Offer new foods alongside familiar foods – introducing lots of new foods at once can be overwhelming. Introduce one new food at a time and offer it with food they are familiar with and enjoy. Be patient, it can take 15-20 times for children to accept a new food.
5. Make it appealing and accessible – pack items in individual containers or a bento style lunch box to avoid squashing food and make sure your child can easily open the container. In the warmer months use an insulated lunchbox with an ice pack to keep food fresh.
6. Make food fun – include a wide variety of colour in their lunch box. A bento style lunch box is a great way to present their lunch and keeps different elements separate. Cut sandwiches or fruit into fun shapes to entice them to eat them. If you do not have the time small bite sizes pieces would be more than adequate.
7. Hidden Veggies – pasta sauces and soups are a great way to add in hidden veggies. See our recipes ideas for more on this.
8. Frozen Fruits and Veggies – add frozen fruits and vegetables to things such as fruit smoothies or stir fries.