Tips to Help Your Toddler Eat New Foods:

1) **Put just a teaspoon of the new food** onto a clear part of the plate during a meal with other foods that your toddler likes. Toddlers sometimes do not want their foods to touch or mix with each other.

2) **Sit with and reassure** your toddler that the new food is safe and tasty.

3) **Be a model parent** by eating the new food.

4) Use colors and shapes. **Think of creative ways** to present new foods to your toddler. Make food faces, animals, sail boats, etc.

5) Tasting new foods is a way that toddlers explore their surroundings. **It is OK if your toddler just tastes a small amount, or even spits it out.**

6) **Compliment your toddler** for even tasting the food.

7) Be sure to **offer the new food again** within 2 weeks without getting discouraged or upset.

8) **Write on the calendar a new food** you plan to offer your toddler.
Tips for getting your toddler to eat better:

- Serve foods that your appeal to kids. Include a variety of colors, textures, and form.
  - Combination of colors makes meals more attractive.
  - Offer meals that combine foods that are crunchy or crispy and foods that are soft.
  - Cut foods into interesting shapes.

- Offer plain, unmixed foods. Some toddlers prefer to eat foods separately instead of all together in a dish.

- Encourage toddlers to practice serving themselves. They can try pouring water or milk, spreading peanut butter on bread, or spooning food from a serving bowl to their plate.

- Give kids enough time to eat. They are less skilled at eating by themselves.

- Involve your toddler in food shopping and preparation. Toddlers are more willing to try new foods they helped prepare.
  - Allow hot foods to cool down and cold foods to warm up before offering it to your toddler.

- Make eating and family time the focus of mealtime. This is a good opportunity for the family to talk about the highlights of the day or future plans for family activities. Make mealtime conversation pleasant.