

# Healthy Tips for Picky Eaters



## Do any of the statements below remind you of your child?

- “Ebony will only eat peanut butter sandwiches!”
- “Michael won’t eat anything green, just because of the color.”
- “Bananas used to be Vivian’s favorite food, now she won’t even touch them!”



Your child may only eat a certain type of food or refuse foods based on a certain color or texture. They may also play at the table and may not want to eat. Don’t worry if your child is a picky eater. Picky eating behavior is common for many children. As long as your child has plenty of energy and is growing, he or she is most likely eating enough to be healthy. If you have any concerns about your child's growth or eating behavior, talk to your child's doctor.

## How to cope with picky eating

Your child’s picky eating is temporary. Try the following tips to help deal with your child's picky eating behavior in a positive way. Check the ones that work for you and your child.

**Let your kid/s be “productive pickers.”** Let them pick out fruits and veggies at the store.

**Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.

**Offer choices.** Rather than ask “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”

**Enjoy each other while eating family meals together.**

Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.

**Offer the same foods for the whole family.** Try not to be a “short-order-cook,” making a different meal for your child if they are being a picky eater.

