

Learning to like new foods takes time! It can take 15 or more tries to begin to enjoy a new food.

A few tips to help picky eaters begin to try new foods:

- Offer the same food in a new way. For example, vegetables can be served raw with dip, steamed, or roasted with some olive oil and herbs.
- Use a texture or taste that is already enjoyed as a "bridge" to a new flavor. If a child likes ranch dressing or peanut butter, use these as a dip for celery. If a child prefers soft foods like applesauce, try a mashed sweet potato with cinnamon.
- Think of this as an experiment! The first step in the experiment may be allowing a new food on the plate, followed by touching or licking the food, possibly spitting it out, and then finally taking a bite. Frequent exposure is key to beginning to like new foods!
- Invite kids to choose a new fruit or vegetable from the grocery store or farmer's market or help with food preparation or cooking. Having some control over the experience makes it more likely they will try something new.

Food bridging: think of your child's favorite foods and come up with some bridge ideas. Here are some examples:

favorite food	new food	future food
chicken nuggets	fish sticks	baked fish
french fries	sweet potato fries	zucchini fries
cheese pizza	pizza with whole grain crust	cheese pizza with vegetables

