

# Healthy Tips for Picky Eaters

## How to Cope with Picky Eaters:

- Let your kids pick out the fruits and vegetables.
- Offer Choices.
- Have your child help prepare the meal.
- Offer the same foods to the whole family.
- Enjoy each other while eating family meals together.

## Trying New Foods:

- Let your child try new foods in small portions.
- Set a good example and try new foods yourself.
- Offer only one new food at a time.
- Offer new foods first.
- Offer new foods many times, it can take multiple times for a child to know if they actually like a food.



## Ways to make foods fun:

- Cut a food into fun and easy shapes with cookie cutters.
- Name a food your child creates.
- Encourage your child to invent and prepare new snacks.

## Recipe: Apple Bites

### Ingredients:

- 2 Apples - peeled, cored and diced
- 1/4 cup of Caramel Sauce

### Method:

Place the apples into a bowl and drizzle with desired amount of caramel sauce. Toss apples until coated.

