

Nutrition



Why won't my child eat a variety of foods?

1. Your child may refuse because of color, texture, smell or he/she might not be hungry.
2. They may only eat a certain type of food for a period of time.
3. Sometimes your child may waste time at the table and seem interested in doing anything but eat.
4. It is normal for your child to prefer familiar foods and be afraid to try new things.

What can you do to help them eat?

1. Have your child help cook the meal.
2. Let your child pick out the new food to try that week.
3. Have family style dinner.
4. Introduce the new food first at the meal.
5. Make food fun. Cut food into shapes. Make art when applicable.

Fruits: Fresh fruits, dried fruit or 100 % juice.

Grains: Bread, cereal, pasta or rice.

Vegetables: Leafy green and vegetables.

Protein: Poultry, fish, beans, peanut butter, nuts or seeds.

Dairy: Milk, cheese, yogurt.



Sorting foods into categories

Fruits

Vegetables

Grains

Protein

Dairy

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-----Parent help cut out and paste-----

