



Suggestions for Picky Eaters

1. Establish a routine.

- Serve meals and snacks at the same times each day.
- Limit beverages other than water in between meals and snacks as they tend to decrease appetite.
- 3 cups of milk is the recommended intake for most children.
- Limit fruit juice to ½ cup to 1 cup depending on age.

2. Be patient with new foods.

- Children often need to taste a food twelve times or more before they will actually accept it.
- Encourage your child to take a bite of a new food over the course of multiple meals.
- Have a positive attitude that conveys how good the food tastes.
- If you get frustrated, do not show it. This may cause more feeding issues.

3. Make it fun.

- Try cutting food into interesting shapes with cookie cutters. Make fruit and vegetable art with fun arrangements.

4. Mix it up.

- Combine small amounts of non-preferred foods with favorite foods, or alternate bites of favorite foods with non-preferred foods.
- Tell your child that he or she may have two bites of the favorite food after taking a small bite of the other food that you are introducing.

5. Set a good example.

- If you enjoy eating healthy foods, your child will be more likely to develop good habits as well.

6. Get the kids involved.

- Ask children to help pick out and prepare foods. By being involved in the process, children may be more willing to eat a wider variety.

7. Don't be a short order cook.

- Preparing a separate meal after the first one is rejected sends the message that children can get what they want if they hold out long enough.

If you are concerned that your child's picky eating habits are serious enough that he or she may need additional intervention, contact your pediatrician for a referral to a feeding clinic designed to provide a behavioral approach to resolving feeding difficulties.

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406