

How to Help Picky Eaters Taste and Eat Like New Foods

Picky eating is a common problem among children, and it can be frustrating for parents. If your child is a picky eater, you may have tried everything you can think of to get them to eat more variety, but nothing seems to work. This guide will provide you with everything you need to know about picky eating, including tips on how to help your child overcome their fears and enjoy new foods.



Try New Food: How to Help Picky Eaters Taste, Eat & Like New Foods by Jill Castle

★★★★☆ 4 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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What is picky eating?

Picky eating is when a child refuses to eat certain foods or food groups. This can be due to a variety of factors, including:

- Sensory sensitivities
- Fear of new foods

- Control issues
- Medical conditions

If your child is a picky eater, it's important to rule out any underlying medical conditions that may be causing the problem. Once you've ruled out any medical causes, you can start to work on helping your child overcome their picky eating habits.

Tips for helping picky eaters

There are a number of things you can do to help your picky eater overcome their fears and enjoy new foods. Some of these tips include:

- **Start small.** Don't try to force your child to eat a whole new food all at once. Start by offering them a small taste of the food, and gradually increase the amount as they become more comfortable with it.
- **Make it fun.** Get your child involved in the process of preparing new foods. Let them help you choose the ingredients, wash the vegetables, or stir the pot. This can help them feel more invested in the food, and make them more likely to try it.
- **Be patient.** It takes time for picky eaters to overcome their fears and enjoy new foods. Don't get discouraged if your child doesn't like something the first time they try it. Keep offering them the food in different ways, and eventually they may come around.
- **Don't force it.** If your child refuses to eat something, don't force them. This will only make them more resistant to trying new foods. Instead, try to find another way to get them the nutrients they need.

- **Model healthy eating habits.** Children learn by watching the adults in their lives. If you want your child to eat healthy foods, it's important for you to model healthy eating habits yourself.

Helping a picky eater overcome their fears and enjoy new foods can be a challenge, but it's definitely possible. With patience, consistency, and a little bit of creativity, you can help your child develop a healthy relationship with food.



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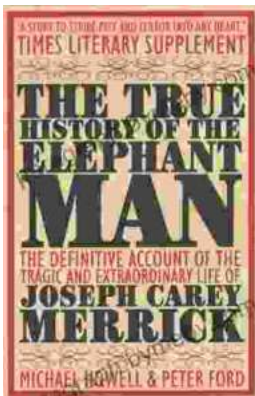
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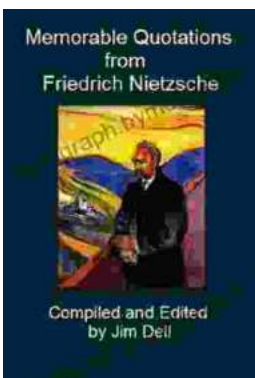
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