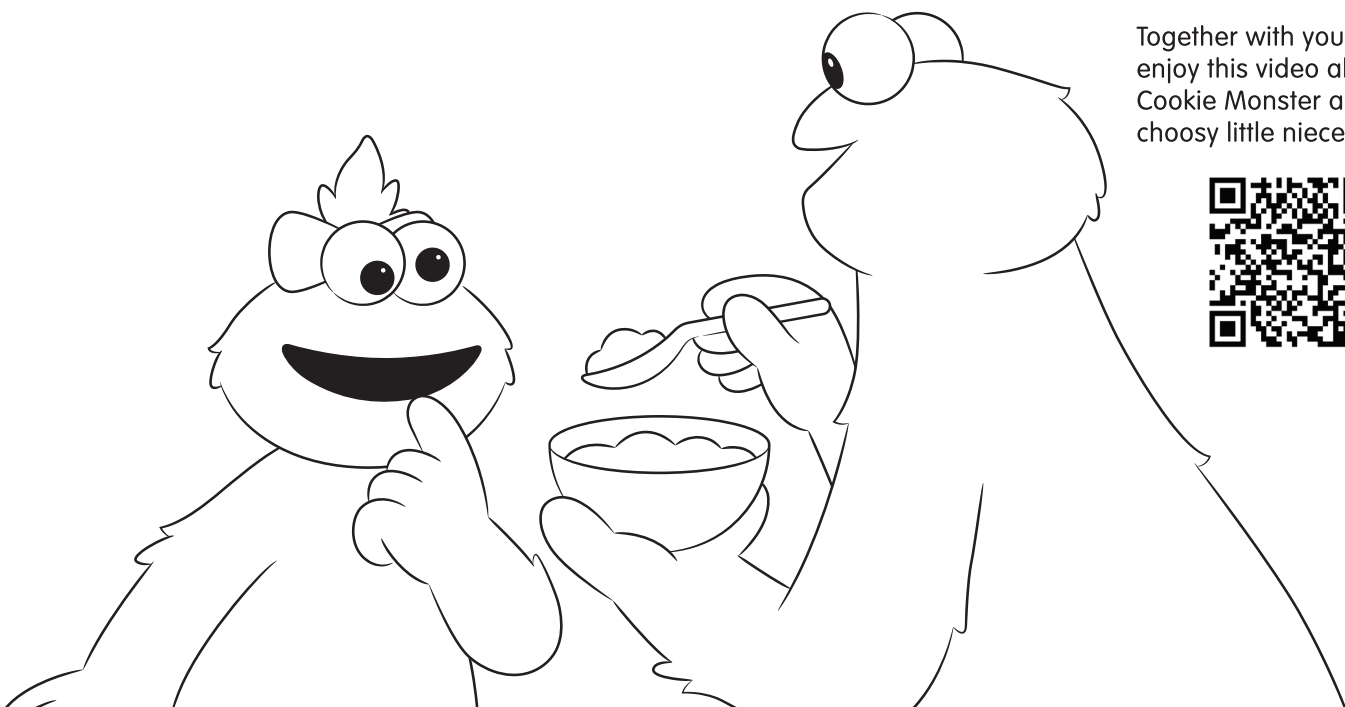


# Toddler Tips: Choosy Eaters

When babies turn into toddlers, their growth slows down, and so does their appetite! Combine that with the fact that they're starting to have their own likes and dislikes, and mealtimes can sometimes become... frustrating. Remember that choosy eating is normal and will get better as they grow.

## Consider these ideas as you help your little eater build healthy food habits:

- **Together Is Better:** Together, make lists of ingredients you'll need, shop and choose food together, and have children help stir and mix ingredients. Eat together and make mealtime screen-free. Try not to cook a separate meal for your child—include healthy choices that your child likes in the one meal you make.
- **This or That?** Keep offering healthy choices: "Would you like broccoli or carrots for dinner?"
- **Find the Fun:** Use cookie cutters to cut bread or cheese, fruits, or vegetables into shapes, or put pieces of food on a plate so that it looks like a face. Get creative in describing healthy foods ("Cauliflower looks like puffy white clouds").
- **Try, Try Again:** It can take many, many tries over time before a child may decide that they like a food! Offer new foods to their plate in small amounts even if they don't eat it, and wait at least a week before trying again. Allow them to touch and smell new foods, too... it's not all about tasting!
- **Build "Food Bridges."** Once your child likes a food, introduce another one that's similar (for instance, mashed sweet potatoes can become a bridge to mashed carrots).
- **A Good Pair:** Children are more likely to dislike sour or bitter flavors, so pair those tastes with one they usually prefer, such as salty—for instance, serve broccoli with grated cheese.
- **Think Texture:** Children may prefer cooked vegetables over raw ones, or vice versa.



Together with your child, enjoy this video about Cookie Monster and his choosy little niece!

