Learning to Try New Foods

Many toddlers and preschoolers are hesitant to try new foods. It is completely normal for young kids to reject foods they have never tried before.

Here are some tips on how to get toddlers and preschoolers to try new foods:

- **Offer new foods many times.** Kids don’t always take to new foods right away. It may take up to a dozen tries for a child to accept a new food.
- **Let kids try small portions of the new food.** Give them a small taste at first and be patient with them. Small portions can reap big benefits.
- **Try the new food yourself.** Be a good role model and describe the new food’s taste, texture, and smell.
- **Offer only one new food at a time.** Serve something that you know the child likes along with the new food. Offering too many new foods all at once could be overwhelming for the child.
- **Offer the new food first**, at the beginning of a meal, when children are the most hungry.
- **Serve the new food in a way the preschooler prefers.** For example, some toddlers and preschoolers like food plain. Instead of a macaroni casserole, try meatballs, pasta, and a vegetable. Also, to keep the different foods separate. If possible, try plates with sections. For some kids the opposite works and serving a new food mixed in with a familiar item is helpful.

Adapted from http://www.choosemyplate.gov/