



WIC Healthy Family Newsletter

Summer 2006

Go for More Variety in Your Family Meals

Adding variety to the food your family eats is important for your health. But how do you get your children to try new foods? Here are some tips.

Set an Example

- Try the new food first. Your child will be more willing to try a new food they see mom or dad eating.
- Eat a variety of fruits, vegetables, whole grains and milk products so your child will too.

Keep Meals Positive

- Let your child explore the new food. It is normal for your child to play with the food before he tries it.
- You may serve your child a new food many times before he likes it.
- Be patient. Never force your child to eat a food.
- Never use food as a reward for eating other foods or for good behavior.
- Make meals a relaxing, pleasant time to be together.

Make It Interesting

- Use food with different colors and textures in every meal.
- Use foods to make animals, flowers or other fun shapes.
- Give foods cute names. Call peas *dinosaur eggs* or broccoli *trees*.
- Do not over cook food. Mushy food is not appealing.
- Leave spices out. Small children like the flavor of the food without seasoning.

Go Slow

- Give only one new food at a time. This allows your child to adapt to the new flavor and texture of the food.
- Serve the new food with foods your child already eats.

Parenting Tip:

Try a tasting party for new foods. Take your children to the library. Let them pick out a book about foods. Read the book to them. Then go to the store together and buy the food in the book. Then have a tasting party to try the new food.



This institution is an equal opportunity provider.



© 2006. Department of State Health Services. Nutrition Services Section. All rights reserved.