



TIPS FOR OVERCOMING PICKY EATING

Picky eating is common, but with these tips, you can find a variety of new foods to enjoy.

1. Understand what you like and don't like.

- We all have foods we like and dislike.
- Think about what you don't like about some foods. Is it the taste, texture or smell?

2. Try new foods slowly.

- Start with small portions or add them into meals you already like.
- Find foods that feel or taste like ones you already enjoy.
- Cook new foods in different ways, like grilling, roasting or steaming. See how this changes flavors and textures.

3. Make meals fun.

- Team up in the kitchen by preparing meals with family or friends.
- Try themed dinners or food tastings to make testing new foods exciting.

4. Explore different flavors and cuisines.

- Experiment with dishes from other cultures to find new flavors.
- Visit ethnic restaurants or try international recipes at home.

5. Be patient with yourself.

- It's OK to take small steps and slowly expand your food choices.

- Celebrate each new food you try, even if you don't like it at first.

6. Offer yourself variety.

- Eat different kinds of foods at meals and snacks to stay healthy.
- Try various different fruits, vegetables, proteins and grains.

7. Build positive associations.

- Connect trying new foods with good times in life, such as eating with loved ones or feeling proud of trying something new.

8. Control your portions.

- Serve yourself small portions of new foods. This helps reduce pressure and lets you try different things.
- Focus on tasting and experiencing the food, not just finishing large servings.

9. Keep an open mind.

- From time to time, try foods you didn't like before because our tastes can change.
- Be willing to give foods another chance in different ways.

10. Seek support if needed.

- Talk to a trusted adult or healthcare professional if picky eating affects your health or well-being. They can give personalized advice and support to help you overcome challenges.