Ideas for Helping Your Child Try New Foods

Bread, Cereal, Rice, Pasta

- **Brown rice.** Use instead of white rice to add fiber and a nutty flavor to your recipes.
- **Couscous.** Add canned tomatoes, mixed veggies, and Parmesan cheese.
- **Whole wheat pasta.** For more fiber, use these noodles in place of the usual white pasta.

Vegetables

Vegetable stir-fry. Use fresh or frozen mixed vegetables to create a colorful meal. Heat a small amount of oil or cooking spray to a non-stick skillet. Add veggies (like broccoli, green and red bell peppers, mushrooms, and onions) and your own special seasonings. Cook mixture until veggies are soft. Enjoy!

- **Yellow squash or broccoli.** Cook and top with low-fat cheese.
- **Sweet potatoes.** Lightly coat raw slices with cooking spray and bake (25-35 minutes at 375 degrees) until softened.

Fruits

- **Kiwi.** Peel, slice, and eat! You can also chop the top off and eat it out of the skin with a spoon (like a bowl).
- **Clementine.** Similar to a tangerine. Usually seedless. Very yummy!
- **Papaya and Mango.** Fresh, frozen or canned (tropical fruit mixture)
- **Berries.** Check the freezer section for frozen mixed berries (blueberries, blackberries, raspberries and strawberries), or pick them fresh at the patch!

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Milk, Yogurt, and Cheese

- **Yogurt smoothie**. Put ice cubes, light yogurt, and fruit in a blender for a healthy snack.
- **Soymilk.** Try calcium-fortified, low-fat soymilk with oatmeal or cereal. Some sugar-free varieties are flavored too!
- **Reduced-fat cheese** is a tasty way to get calcium! String cheese is an example of a lower-fat cheese.
- **Low-fat cottage cheese** is good served alone, or with fresh or canned fruit.

Meat, Fish and Protein

- **Salmon.** Bake or grill salmon with a mixture of orange juice, low sodium soy sauce, and garlic. Or, make salmon patties from canned salmon.
- **Black beans.** Cook with chopped onions and serve over brown rice. Add salsa and fat-free sour cream if desired.

Trying new foods doesn't mean that you must try something unusual. If your child has never eaten a carrot or tomato, then those would be examples of new foods to try.

If your child doesn't like it the first few times, **don't give up.** Many kids need to try a new food 5-10 times before they like it.

What are some new foods that you would like to introduce?
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