



# Let's Try New Foods!



Enjoy all kinds of foods! That's good advice for kids- and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

- **Offer a new food first**, before foods your child eats already. Kids usually are more willing to try new foods when they're hungry.
- **Have your child choose a new food as you shop**. Trying new foods is more fun for kids when they pick them.
- **Do a taste test**. Talk about a new food. Have your child describe the color, shape, feel, sound, and taste- not whether they like it or dislike it. No "yucks" allowed.
- **Go for at least "one bite"**. Avoid forcing your child to taste anything. Keep food sampling positive.
- **Prepare new foods in different ways**. Offer cooked veggies for a dinner and the same veggies raw with a snack. (For example: Broccoli cooked with fat free cheese, raw broccoli with low fat dressing dip.)
- **Try and try again**. Many kids need to try a new food many times before they like it. It's normal for kids to be cautious at first.
- **Relax**. Your child doesn't need to like every food. Everyone has different food favorites.