



Do you have a “picky” child that tends to prefer junk over healthier food options?

Try some of these strategies to make healthy eating the default choice for your child.

- Make healthy foods more accessible for your children
- Make healthy foods the family norm
- Make healthy foods visually appealing
- Get children involved in the kitchen
- Identify places or people that counteract healthy eating patterns and make positive changes

The overall message...

Kids are more likely to make healthy food choices if the choice was easy and they felt like it was their own idea. Set them up for success by making the healthy choice the most obvious and convenient choice.

References

1. RileyChildrens.org, 2018
2. HealthyChildren.org, 2018
3. ChooseMyPlate.gov, 2018
4. KidsHealth.org, 2014



**MAKING
HEALTHY
EATING AN
EASY PART OF
YOUR CHILD'S
LIFE**



Making Healthy Foods More Accessible

Here are a couple of ideas...

Precutting and portioning foods like carrots and strawberries are a great way to get your child to choose these items as a snack. Also putting healthy foods in your child's lunch and making healthy options for dinner can be a great way to get your child to eat more nutritious foods. Additionally, the less junk you keep in the house, the less junk your child will have available to them. A toddler can't eat cookies and potato chips if they don't have those items within reach.

Make healthy foods a family norm!

The more your child sees your or other adults role models eating healthy foods, the more your child will want to eat healthy foods too. Plus, when your kiddo steals some of your snack it will be good for them.

*Apples are made of
25% air, which is why
they float!*

Make healthy eating more appealing in general...

Sharing "fun facts" with your kids or making funny faces with the foods you serve them can make healthy eating more appealing.

Allow your child to be more "hands on" with meal preparation

Invite your child to be involved with meal preparation by offering them age-appropriate and safe tasks. Allowing your child to peel, tear, and stir might make them more open to tasting their creation, especially when they see you do it!



Getting all people that are a part of your child's life on the same page can be a big help!

Grandmas, grandpas, aunts, uncles, friends, teachers, and babysitters will all play a role in your child's food choices.

Having a friendly discussion with all of these people can help set you up for success! Simply explaining to them that you want the choice for your child to eat healthy foods to be as easy and obvious as possible can go a long way. Ask others to make your child's food choices easier by also following some of the other suggestions in this handout.