

Helping the fussy eater

Good nutrition can be a challenge for the fussy eater. But gentle encouragement, persistence and a few tricky strategies can pay off. For some children it can take around ten attempts at particular foods before they start to accept eating them. So don't give up! Tick the options that you could use.



- Make food fun** – Present meals with a touch of humour. Make vegetables into shapes and cut sandwiches into weird shapes.
- Don't give up** – Present the same food in different ways.
- Drink after meals** – Save milk or juice for the end of meals to avoid filling up and not finishing the meal.
- Vegetables by stealth** – Hide vegetables in quiches, soups, stews, rissoles and baked dishes. Make them more attractive in healthy pizzas, with dips and in funny shapes on their plate.
- Smaller portions** – Offer food in small, regular meals and snacks. Big meals can overwhelm a child. The same goes for fruit. Choose smaller bananas, apples or oranges. Berries are a great alternative to lollies.
- Eat early** – Feed children early before they get tired.
- Dad eats first** – Even if Dad doesn't like his vegetables, he'll show they are OK to eat if he tucks into his first and says how yummy they are.
- A taste is OK** – If your child won't try a food, encourage a 'taste'. They might discover they like it or they may offer less resistance next time.
- Three more mouthfuls** – Ask the child to hold up three fingers and count off their mouthfuls. This way they won't feel forced to finish their plate.
- Teach how to use utensils** – From a young age (around three years) children become very inquisitive about food. Let them play and learn.