



Offer teensy portions.

10 Ways to Help Toddlers Try New Foods

Don't take refusal personally.



Let them get hungry.

Add flavor!

Keep trying!

Serve foods similar to ones they usually like.



Describe foods with colors, hot vs. cold, texture.

Take meals and snacks outside.

Compare it to foods they know.

Remember: It's 100% normal to be wary of new foods.

Relax and try not to push too hard!

