



How can I get my child to eat healthier

if they won't try new things?



Our top 6 tips to tackle fussy eating at home



Peter Humbles, Family Nutritionist

- 1. The big "why"?** Why don't they try new things? Are there tastes or textures they love or hate?
- 2. Check your language.** Aim for encouraging language and avoid labelling. Swap "my child doesn't eat vegetables" for "my child loves sweetcorn."
- 3. Lower anxiety at mealtimes.** Phones away and focus on chatting. There's no need to pressure them to try new foods.

- 4. Exposure.** Get them to pick out fruits and veg when you're out shopping and ask them to help chop them up.
- 5. Routine.** Set mealtimes to build regular habits and aim for 2 healthy snacks per day between meals.
- 6. Make it fun!** Make funny face pizzas and add some new toppings.



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