The simplest way

to manage fussy eating

Kids can get anxious when trying a new fruit or veg, so try providing a smaller serving for the first few times.

This approach is less overwhelming and you might find that they will ask you for more.

*Did you know it may take more than 10 times before your child accepts a new food?*

Give your kids two options that you’re happy with. Rather than saying “Would you like any vegetables?” offer a limited choice, for example “Would you like peas or beans?”

Stay calm + persistent in your approach!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.