



Selective Eating

MAKING HEALTHY FUN FOR KIDS

A selective eater avoids eating certain tastes, textures, or colors of foods. It is a normal part of development for short periods of time. If your child isn't eating a wide variety of nutrients, these tips may help!

Work up to tasting foods slowly

1. Look at it 

2. Play with it 

3. Sniff it 

4. Touch it 

5. Kiss it 

6. Lick it 

7. Bite it 

Structure Mealtimes

Sit at a table
for all meals
and snacks



Eat together
as a family.

Keep meals to 30 minutes
or less and snacks to 15
minutes or less.



Start and end each meal
with a predictable routine
like washing hands or
singing a song.

Reduce distractions, like
screens and toys, at
meals.



"No Thank You" bowl



- Pick an empty bowl to have at the table during meals.
- At the end of the meal, kids can place foods they don't want to eat into the bowl.
- Do not insist that your child does this - simply make it part of the clean up routine.