

Golden Rules For Picky Eaters



1. Blend



The rule is if they cannot see it or taste it, they will most likely eat it. Therefore, in my house smoothies are a daily staple. Won't touch anything green in colour? No problem, add some blueberries and voila it's purple. Don't like the texture? No sweat, just blend and it will be pulverized into a perfectly smooth consistency. Don't like the taste? Not to worry, add in a banana and the taste becomes sweet.

Whatever your little picky eater won't eat, a smoothie will take care of that while still providing the nourishment that a little busy body requires.

2. Mash

Many kids have particular aversions to healthy foods due to the look of certain foods or just because it simply doesn't appeal to them. Steaming, sautéing and then mashing the foods can help greatly.

Mashed food is always easy to hide in the foods that they love. For example stuff that burger with the mashed up kale or zucchini, they won't even noticed.



3. Purée



When in doubt if you picky eater will eat those chunky vegetables in the soup or as aside dish, resort to pureeing. Not only it is easier on the digestive system it also eliminates the hassle of picking up unwanted food from the floor. You know what I'm talking about :)

You can steam or boil just about anything and purée it into a desired consistency that you little one will eat. Hint hint, they will always consume more nutrients with something puréed vs cut and chopped.

4. Hide



My last golden rule is hide. Blend, mash, purée and then HIDE. It is so easy to sneak puréed carrots and zucchini into their muffins, pancakes and even cookies. Not to mention pasta sauces, burgers, slow cooker meals and much much more.

When you serve something they don't like and they can't see it or taste it, they WIL EAT IT.

If all else fails, know that you are a great parent and this is a phase that will pass. Just keep giving all these amazingly healthy options and eventually they will eat it. A word of warning though, don't succumb to giving unhealthy foods just to get your little one to eat. As my paediatrician said "they won't starve themselves" they will eat what's given to them.

If your child really hates something take it away and re-introduce a few months later.

Good luck!

P.S. I would love to hear from you what you do for your picky eater. Please share your comments.

