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

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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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