Time to Get Sneaky

Read this if your child is tight-lipped come mealtime.

December 3, 2015 By Kate Ferguson

Often, kids are turned off by how a food looks, tastes or smells. But there is one method that's been very successful in getting children to eat foods they might not want to try: Just sneak them into meals they already like, say nutrition experts.

Young picky eaters can be persuaded to try even veggies many kids hate, such as cauliflower, says best-selling author Missy Chase Lapine. Lapine wrote the popular Sneaky Chef series of cookbooks that show how she mixes veggie and fruit purees into recipes for kids' favorite foods. Says Lapine, "Here's my big secret: Taste rules!

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http://beta.docker.realhealthmag.com/article/picky-eaters-28133-9618