

Avoid foods that are highly seasoned, have strong odors, or are all mixed together unless typical of cultural practices.

Provide fluid selections that are favorites of most children, such as fruit punch, cola, ginger ale, sweetened tea, flavored ice pops, sherbet, ice cream, milk, milkshakes, pudding, gelatin, clear broth, or creamed soups.

Offer nutritious snacks, such as frozen yogurt or pudding, ice cream, oatmeal or peanut butter cookies, hot cocoa, cheese slices, pieces of raw vegetable or fruit, and dried fruit or cereal.

Make food attractive and different; for example:

- Serve a “picnic lunch” in a paper bag.
- Pack food in a Chinese take-out container; decorate container.
- Put a “face” or a “flower” on a hamburger or sandwich with pieces of vegetable.
- Use a cookie cutter to shape a sandwich.
- Serve pudding, yogurt, or juice frozen as an ice pop.
- Make Slurpies or snow cones by pouring flavored syrup on crushed ice.
- Add food coloring to water or milk.
- Serve fluids through brightly colored or unusually shaped straws.
- Make “bowtie” sandwiches by cutting them in triangles and placing two points together.