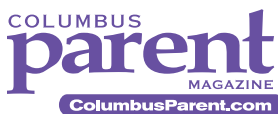


WHAT SHOULD I GIVE MY PICKY EATER IN PLACE OF...

If your child won't eat a certain food, you can easily substitute another and still have good nutrition. Flexibility is the key.

If my child won't eat:	I can try:	Because:	
Meat	Eggs Poultry Fish Cheese	Beans Peanut butter Tofu	All of these are great protein sources
Green vegetables	Cut up cooked carrots Beets Sweet potatoes	Squash Corn	These vegetables have similar nutrients with a less bitter taste
Eat any vegetables	Any fruits Apricots Cantaloupe Oranges Strawberries	Nectarines Mangoes Guava Kiwi	Many of the nutrients found in vegetables are in fruits Are excellent sources of vitamin A Are excellent sources of vitamin C
Drink milk	Yogurt Cottage cheese Custard Fortified soy milk	Cheese Pudding Flavored milk	These all have calcium
Eat casseroles	Plain noodles Plain rice Bread	Plain pasta Dry cereal	If these items are served with a protein food and fresh fruit, they make a complete meal



This substitution chart is courtesy of the experts at Nationwide Children's Hospital Clinical Nutrition and Lactation department. It originally ran with the Sizing it Up column in August 2009 in Columbus Parent Magazine.