New food tries tracker

Put one tiny new food beside a favorite, with no pressure, and mark how far up the ladder they get. Many children need 10 to 15 tries before a new food feels safe.

1. See the doctor first to check growth and any choking or gagging.
2. Pick one new food close to a favorite: the same color, shape or crunch. Serve a tiny piece next to the favorite.
3. No pressure and no deals to eat it. Every step up the ladder counts as a try.
4. Circle the highest step each time. Offer the same food 10 to 15 times before you decide.

Child (first name or initials) _____ New food _____ Favorite it sits next to _____

The ladder: 1 on the table · 2 on their plate · 3 touch · 4 smell · 5 lick or kiss · 6 bite and spit out · 7 chew and swallow

The grey row is a made-up example.

Try	Date	Meal	Highest step (circle)	Notes
1	*9/23*	*Dinner*	*3 (touched it)*	*Next to the crackers*
1			1 2 3 4 5 6 7	
2			1 2 3 4 5 6 7	
3			1 2 3 4 5 6 7	
4			1 2 3 4 5 6 7	
5			1 2 3 4 5 6 7	
6			1 2 3 4 5 6 7	
7			1 2 3 4 5 6 7	
8			1 2 3 4 5 6 7	
9			1 2 3 4 5 6 7	
10			1 2 3 4 5 6 7	
11			1 2 3 4 5 6 7	
12			1 2 3 4 5 6 7	
13			1 2 3 4 5 6 7	
14			1 2 3 4 5 6 7	
15			1 2 3 4 5 6 7	

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