If you're like most parents, you worry when your child won't eat vegetables. Vegetables are important as a major source of vitamins and minerals. But don't let the nutritional benefits of vegetables cause you to force them on your child.

**What to do**

**Introduce vegetables like any other food**

- Studies show that if you simply present a new food (vegetables or other foods), at the family meal in a matter of fact way, and let children approach it and decide on their own whether or not to eat it, most of the time they do.

**Be patient**

- Children have their own way of going about trying food and it can take many tries (some studies say 15 to 20) before they are ready to actually chew and swallow the food. Then they like it; but they still won't always eat it and that's okay.

**Try the one-bite rule**

- Encourage your child to have a bite or a taste of a food so she can decide if she wants to eat it.
- Allow them to take the food out of their mouth with a napkin if they don't like it.
- Some children will be okay with this "one bite" idea and others will fight you every step of the way. You know your children best. If they are resistant to the idea, don't force it.

**What not to do**

**Bribery and pressure**

- Studies show that pressure just doesn't work. When you bribe or force children to eat certain foods, they like those foods less. Sure, he might eat his carrots today if you bribe him with ice cream, but he won't learn to like carrots in the long run.