

# Trying New Food Takes Time



Smell/Touch/Play

Nibble/Spit

Swallow/Eat

1

2

3

4

5

6

7

8

9+

**Nine or more tries before they eat it and like it!**

Missouri Department of Health and Senior Services • Team Nutrition • [health.mo.gov/teamnutrition](http://health.mo.gov/teamnutrition)

Reference: Johnson, Bellows, Beckstrom, Anderson, Am J Health Behav, 2007; Sullivan, Birch, Develop Psych, 1990; Lakkakula, Geaghan, Zanovec, Pierce, Tuuri, Appetite, 2009