






Gateway Food Tracker

It's so important to try new foods. Your child may love some of the foods you prepare and other times, not so much ;) Build on the foods your child already eats by tracking those foods and then offering similar variations using different shapes, preparations and/or flavors. This will slowly help your child accept new foods by building on the foods your child already likes. Variety is so important to helping a child expand their flavor palate.

Foods Your Child Likes	Variations	I Like It! 	It's Okay 	No Thanks 	Date