Beliefs about children’s food have changed enormously over time. Today, many Americans believe that children have naturally delicate tastes. But Americans in the nineteenth century more often claimed the opposite: children had naturally delicate bodies, they said, and dangerously omnivorous tastes. This paper explores changing ideas about children’s food, a seemingly biological subject that continues to be deeply influenced by beliefs about medicine, mortality, the duties of good parents, and the nature of childhood itself.