

HELP YOUR PICKY EATER

PLAN HEALTHY MEALS FOR YOUR CHILD

- Serve different foods from each of the groups in the Food Guide Pyramid.
- Offer child size servings of food.
- Offer healthy snacks between meals at times that don't interfere with meals.
- Your child may want the same foods day after day. This is common behavior for young children. Continue to offer a variety of foods. Talk to your nutritionist if this lasts longer than two weeks.

MAKE FOODS LOOK AND TASTE GOOD

- Serve different colored foods at each meal.
- Offer different textures of food- soft, crunchy, crisp, smooth.
- Give very hot foods a chance to cool.
- Offer plain foods instead of mixed foods like casseroles because your child may prefer the plain foods.
- Offer raw fruits and vegetables. Your child may prefer these to cooked.

GET SET FOR MEALTIME

- Set regular meal and snack times. Children like and look forward to daily routines.
- Turn the television and computer off at meals. These are distractions for your child.
- Provide a set place for meals and expect your child to sit with the family during meals.
- Let your child help in the kitchen. Children are more willing to try foods they helped prepare.
- Mealtime should be a relaxing time for your child and the family. Provide enough time for the meal so that your child is not rushed through the meal.
- Do not force your child to eat.

For:

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