

PICKY EATING

Are mealtimes a struggle?

Try these tips.

- **Eat together as often as possible.**
- **Limit distractions by turning off the TV and putting away phones, tablets and toys.**
- **Avoid pressure, praise, rewards, tricks or punishment to get your children to eat.** This can make picky eating worse.
- **Don't make separate meals for your children.** Offer them the same foods the rest of the family is eating.
- **Let your children decide if and how much to eat from the food you serve.** Children's appetites vary from one day to the next. Trust that their bodies will let them know when they are hungry or full.
- **Offer a variety of foods throughout the week.** It is normal if children do not like new foods at first or if they like a food one week and not the next. It may take several experiences before children learn to eat a new food.
- **Offer meals and snacks at regular times to ensure children aren't grazing on food throughout the day.** This encourages children to come to the table hungry as even a small amount of milk or crackers could spoil their appetite.
- **Grow, pick, shop for and cook food together.** Children are more interested in trying new foods when they are involved with the preparation.



Written by Public Health Nutritionist of Saskatchewan 2018.
For more posters, visit www.fhhr.ca/SchoolsAndChildcare.htm.

Resources:

Say Goodbye to Picky Eating!: <http://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx>

Dietitians of Canada Picky Eating Fact Sheet: <https://www.dietitians.ca/getattachment/e15cf8f4-ec1e-4afa-839f-6f6664b5c617/NM2017-FactSheet-03PickyEating-EN-rev.pdf.aspx> (retrieved July 4, 2018)