



Chat

Picky Eaters

When it comes to children being picky eaters, it can be frustrating for caregivers to ensure their child is getting all the nutrients they need. It can take up to 7-15 times before your child tries the food you offer them. Give them time and continue offering healthy food choices to your child.

Here is a list of things to keep in mind when it comes to picky eaters:

- Establish a routine and try to stick to mealtime schedules. This way, your child can expect a meal at a specific time every day.
- Have your child go to the supermarket with you. As you go through the fruit and vegetable section, describe and talk about the food you see. Speak in a positive tone about the foods. Answer any questions when they point to or want one of the food items.
- When introducing new foods, remember to accompany them with a food you know they already like. For example, if they already like plain pasta, add a little tomato sauce on the side to have a little taste; if they prefer not to eat the rest, don't worry, at least they tasted it and are now exposed. If your child is very sensitive, put the tomato sauce in a small dish next to the plate to start.
- Minimize distractions and keep mealtimes brief; little ones like to move around and want to play. You want to make sure that sitting at the table is pleasant.
- Caregivers and adults in the house should also sit and eat the same foods you are trying to get your child to eat to see others enjoying the food served.
- Don't give or feed your child too much milk, juice, or snacks between meals, as they can interfere with them wanting to eat the meal you are preparing.
- Don't offer dessert as a reward because it gives the impression that dessert is more desirable than their food.

If you are worried about the quantity of the food they eat, keep a food diary. If you believe your child's health is at risk due to lack of food, reach out to your pediatrician immediately and let them know.