



# Nutrition Bits and Bites!

## Are my Child's Eating Habits Normal?

### Is your child a picky eater?

Are you afraid your child does not eat enough? Are meal times a battle or do lunch items come home untouched?

It can be frustrating when children do not eat the food you took time to prepare. Be patient and don't worry! It is normal for children's appetites to change from one day to the next. It can also take 10-15 times of offering a new food before your child accepts it.

Trust your child to choose which foods to eat and how much to eat from what you have offered. Keep family meal times pleasant and free of pressure. Allowing your child to say "no thank you" and to feed themselves promotes a healthy relationship with food long term. As a parent your main responsibilities at mealtimes are to decide what foods to offer, when to offer meals and snacks, and where to eat. Your child can do the rest.

Visit <http://www.ellynatterinstitute.org/> for more information on raising a healthy eater.

### What Can You Do?

- **Set regular meal and snack times.** Avoid letting your child graze throughout the day, so they come to the table hungry and ready to eat.
- **Offer smaller portions.** Small stomachs fill up quickly. Allow your child to ask for seconds.
- **Offer new food along with familiar foods.**
- **Limit milk to 2-3 cups.** Offer water between meals and snacks.
- **Avoid or limit juice to half cup.**
- **Turn off distractions.** Television, electronic devices, phone calls and toys can interfere with eating and family time.
- **Be a good role model!**



## ***The Division of Responsibility***

*E. Satter Secrets of feeding a healthy family. 2008*

Your child will do best with eating when you provide both leadership and autonomy: You do your job of feeding and let your child do their job of eating.

### **The Parent's Feeding Job**

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show your child what they have to learn about food and mealtime behavior
- Don't let your child graze for food or beverages (except water) between meal and snack times
- Let your child grow up to have the body that is right for them.

### **Your Child's Eating Jobs**

- Your child will eat
- They will eat the amount that they need
- They will learn to eat the foods you eat
- They will learn to eat a variety of foods
- They will grow predictably
- They will learn to behave well at the table

## ***Glazed Ginger Carrot Coins*** *My amazing little cookbook*

### **Ingredients:**

- 3 or 4 carrots, sliced in thin circles
- 1 Tbsp. butter or non-hydrogenated margarine
- 2 Tbsp. honey, pasteurized
- 2 tsp grated fresh ginger

### **Directions:**

1. Cook sliced carrots in a little bit of water until they are tender (about 6 to 8 minutes). Drain well.
2. Combine the butter or margarine, honey and ginger in a microwave-safe container and heat in the microwave for 1 minute, on HIGH.
3. Add carrots to the container and stir to coat all the carrots with the sauce.
4. Serve immediately.



**\*\* Refer to the Allergy Newsletter (September issue) for substitutions**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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