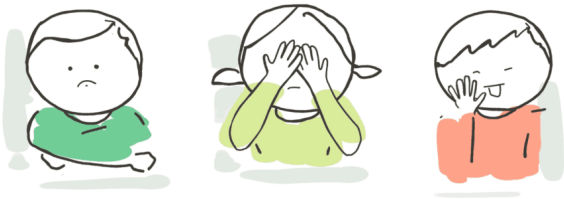


NUTRITION BITS AND BITES

Say Goodbye to Picky Eating



When it comes to responsibilities in children's eating, both parents and children have their own jobs:

PARENTS' job is to decide

- **WHAT** food and drinks are served at meals and snacks
- **WHEN** food is served
- **WHERE** food is served

CHILDREN'S job is to decide

- **IF** they are going to eat it
- **HOW MUCH** they are going to eat

Tips to Improve Picky Eating

1. **Plan family meal times.** Eat meals at the table as a family. Do not offer food while your child is playing, watching television or walking around.
2. **Be a role model.** Your child will eat better and be more willing to try new foods if she sees others at the table eating the same foods.
3. **Eat at regular time.** Offer three meals and up to three snacks at regular times each day. Offer only water between meals and snack.
4. **Promote happy meal times.** Your child will eat better if she is enjoying mealtime. Children are more likely to have a happy meal time if you don't pressure them to eat.
5. **Avoid distractions.** Meals and snacks should be served away from distractions like the screen, toys, books and music. Leave them for playtime before or after meals. Mealtime is for eating and interacting with the family.
6. **Prepare one meal for the family.** Your child will be more willing to try new foods if she knows she will not get her favourite foods when she refuses dinner.
7. **Listen to your child.** Trust that your child knows when she is hungry and full.
8. **Don't pressure, praise, reward, trick or punish.**
9. **Try, try again.** Continue offering new foods even if your child has said no to them before. It can take as many as 10 times for a child to try a food and like it.
10. **Limit meal time.** Allow your child a maximum of 30 minutes to eat the meal. After this time put the food away. Extending meal time too long will not make your child more likely to eat and does not create a happy eating environment.

Cook Together with Kids at Any Age

Invent a Smoothie Together

Kids can get creative inventing a smoothie! Remember, frozen fruits are just as nutritious as fresh, without the washing, peeling or cutting. Canned fruits packed in their own juices or with the light syrup drained off are good choices as well.

Blend

- 2 cups (500ml) milk or fortified soy milk
- 2 cups (500ml) fruit (any of: sliced banana, mango, nectarine, frozen raspberries, blueberries or strawberries, canned pineapple or peaches)
- 1 cup (250ml) ice cubes
- $\frac{3}{4}$ cup (175ml) plain yogurt
- $\frac{1}{2}$ cup (125ml) frozen orange juice concentrate (optional)

Makes 4 servings. Freeze any extra in popsicle moulds.

You may scan the bar code to get a Family-Friendly One-Week Meal Plan



Use as is or change it to suit your tastes or lifestyle

Source: unlockfood.ca



Get the little chef involved!

Younger children may help with:

- Peel banana
- Wash fruit
- Add ingredients to the blender
- Create a name for their smoothie

Older children may also help with:

- Write out their recipes
- Give each a star rating based on a family taste test

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/nl>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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