

8 Tips for Dealing With A Picky Eater

If your child is a picky eater, there is a good chance that they are also overweight, since many picky eaters only consume foods high in fat or sugar. How can you change their food tastes without a major battle? Here are some suggestions:

1. Set a good example. If you enjoy a wide variety of foods and don't complain about the ones you don't like, your child is more likely to eventually follow your example.
2. Introduce one new food at a time. If it is a vegetable, prepare it in such a way that it is attractive and easy to eat. Unless your child is diabetic, a pinch of sugar added during cooking might make it taste better, and at least they will be eating a vegetable.
3. Turn it into a challenge. For instance, the first person at the table who finishes their broccoli gets to choose a board game for the family to play after dinner.
4. Talk about nutrition. Let your child cut out pictures of different foods from magazines or grocery ads and paste them on a poster under the appropriate food groups.
5. Take your child grocery shopping with you, and let them pick out one new fruit, vegetable or dairy product for the family to try. Do some research on the internet to learn all about the chosen food. A good place to start is the USDA website at www.mypyramid.gov
6. Try serving foods in different ways. If your child hates cooked carrots, serve raw baby carrots dipped in ranch dressing. Serve celery stuffed with peanut butter as a snack.
7. Teach your child to cook. Children usually love helping in the kitchen, especially if it means more one-on-one time with you. Make it a rule that they must try a few bites of anything they help prepare, then YOU select the food to be prepared.
8. Tell your child (as often as necessary) that you are concerned about their diet because you love them very much and want them to be healthy. How can they argue with that?

To learn more ways to deal with a picky eater, check our books "Winning The Food Fight" and "Conquering Childhood Obesity for Dummies" at www.grandmashealthykidsclub.com/books.html

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