

Tempting the Picky Eater

*How to Promote Healthy Eating During
the Younger Years*



When it comes to your child's diet the most important ingredient is you! Parent's influence is the single most important factor in starting your kids off right. Children look for guidance in everything they do, from developing manners, social skills, and values, to learning a healthy lifestyle. Parents good, or bad reactions towards foods, may affect behaviors that will last a lifetime for your child. Parents and children both have important parts in making mealtime a success.

8 Tips to Avoid the “Meal Time Blues”

1. Offer a food item at least 10 times before you assume your child dislikes this food. Do NOT force a child to eat. Be patient and give it time.
2. Offer new foods on a plate with old familiar favorites.
3. Keep foods mild: Avoid hot spices and allow food to cool before serving.
4. Avoid being a ‘short-order cook.’ Don't prepare separate meals for a picky eater. Make one meal, but be sure it includes at least one food item you know your child likes.
5. Involve children when making meals. Children are more likely to try new foods if they helped pick it out at the store or prepare it.
6. Make food fun: Use a cookie cutter to cut foods into fun shapes, use a silly straw with milk, offer dipping sauces, and provide a variety of foods.
7. Offer a variety of colors, textures and shapes on their plate.
8. Evaluate your child's diet over the course of a day, not meal by meal.

(If you are concerned about your child's diet speak to a health care professional.)

Know how. Know now.

Parents are responsible for:

- Purchasing and preparing nutritious foods
- Making meal times pleasant
- Offering and trying new foods
- Setting a healthy example
- Limiting junk food between meals
- Introducing new foods slowly
- Avoiding meal time battles

Children are responsible for:

- What and how much they eat
- Eating until they are satisfied
- Learning to politely refuse a food item
- Learning to “taste” new foods

Honey Mustard Dipping Sauce*

Makes 3-4 servings

1/2 cup mayonnaise

2 tablespoons yellow mustard

1/4 cup honey

Dash of salt and pepper

1. In a medium bowl, blend mayonnaise, yellow mustard, honey, salt and pepper.
2. Cover and store in refrigerator.

Nutrition Information (1/4 cup): 310 calories, 25 g fat, 3.5 g saturated fat, 10 mg cholesterol, 270 mg sodium, 21 g carbohydrates, 0 g fiber, 20 g sugar

***Because this recipe contains honey, do not give to children under one year old.**

Crunchy Baked Chicken Fingers

Makes 4 servings

1 pound chicken breast (cut into long strips 1 inch thick)

3/4 cup milk

1 teaspoon salt

1 teaspoon pepper

1/4 cup grated Parmesan cheese

1 teaspoon garlic powder

3 cups corn flake cereal (crushed fine)

1. Preheat oven to 350°F.
2. Crush corn flakes in a plastic bag or food processor and put into a large bowl.
3. Combine and shake the salt, pepper, Parmesan cheese, garlic powder and crushed cornflakes in a plastic zip bag.
4. Pour milk into a small bowl. Dip a few pieces of the chicken into the milk and then place in the bag with the coating mix.
5. Shake and coat each piece evenly.
6. Place chicken strips on a well-greased cookie sheet in a single layer and bake for 15-17 minutes.

Nutrition Information per Serving: 250 calories, 4 g fat, 1.5 g saturated fat, 75 mg cholesterol, 950 mg sodium, 21 g carbohydrates, 1 g fiber, 2 g sugar, 31 g protein, vitamin A 15%, vitamin C 2%, calcium 10%, iron 30%

