

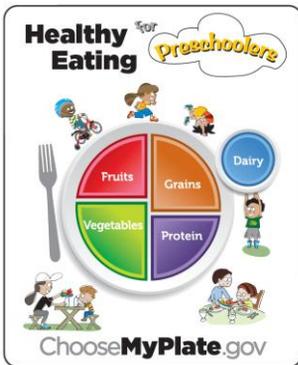
Strategies for Helping the Picky Eater in the Family



Presented by,
Jennifer Staples, Nutritionist
University of Arizona Cooperative Extension
UA Nutrition Network

Presentation Objectives

- ✓ My Plate for Preschoolers – Breaking it Down
- ✓ Understand the Nutritional Needs of Preschoolers
- ✓ Developmental Characteristics of Preschoolers and Toddlers
- ✓ Discuss the “Division of Responsibility”
- ✓ Is it Picky Eating or a Problem Eater?
- ✓ Strategies to Avoid the Mealtime “War Zone”
- ✓ Simple Ways to Introduce New Foods



My Plate for Preschoolers

• Key Messages for Children . . .

- ✓ Find your balance between food and physical activity
- ✓ Know the limits on fats, sugars and salt



Food Group messages:

- Grains: Make half your grains 100% whole grains
- Vegetables: Vary your veggies
- Fruits: Focus on fruits
- Dairy: Get your calcium-rich foods
- Meat & Beans: Go lean with protein



Fruit Group

Daily Recommendations for Children



Fruit Group

- 2 – 3 year olds: 1 cup **daily**
- 4 – 5 year olds: 1 to 1 ½ cups **daily**

- One cup is equivalent to:
 - One small piece of fruit (size of a tennis ball)
 - One cup raw or canned fruit
 - 100% fruit juice
 - ½ cup dried fruit





Vegetable Group

Daily Recommendations for Children



Vegetable Group

- 2 – 3 year olds: 1 cup **daily**
- 4 – 5 year olds: 1 ½ cups **daily**

- One cup is equivalent to:
 - 1 cup raw, canned or cooked vegetables
 - 1 cup vegetable juice
 - 2 cups raw leafy greens





Grain Group

Daily Recommendations for Children



Grain Group

- 2 - 3 year olds: **Three** 1 ounce portions
- 4 - 5 year olds: **Four to Five** 1 ounce portions

- One Ounce is equivalent to:
 - 1 slice bread
 - ½ cup cooked rice or pasta
 - ½ - ¾ cup ready-to-eat cereal





Meat & Beans Group

Daily Recommendations for Children



Meat & Beans

- 2 - 3 year olds: **Two to Four** 1 ounce portions
- 4 - 5 year olds: **Three to Five** 1 ounce portions

- One ounce is equivalent to:
 - 1 ½ tablespoons meat, fish, poultry
 - ¼ cup cooked beans
 - 1 egg
 - 1 tablespoon peanut butter





Dairy Group

Daily Recommendations for Children



Dairy Group

- 2 - 3 year olds: **2 cups daily**
- 4 - 5 year olds: **2 ½ cup daily**

- One cup is equivalent to:
 - 8 ounces low fat milk, yogurt or pudding
 - 1 ½ ounces low fat cheese
 - 1 cup low-fat frozen yogurt



Developmental Characteristics of Preschoolers

2 Years	3 Years	4 Years	5 Years
<ul style="list-style-type: none"> • Can use a spoon and drink from a cup • Energetic, but fatigues easily • Growth slows and appetite drops • Develops likes and dislikes • Can be very messy • Spills and drops things • May suddenly refuse certain foods 	<ul style="list-style-type: none"> • Pours liquids with some spills • Comfortable using a fork and spoon • Can follow simple requests such as "Please use your napkin." • Starts to request favorite foods • Likes to imitate cooking • May suddenly refuse certain foods 	<ul style="list-style-type: none"> • Influenced by TV, media, and peers • May dislike mixed dishes • Getting more coordinated – rarely spills with a spoon or cup • Knows what table manners are expected • Can be easily sidetracked • May suddenly refuse certain foods 	<ul style="list-style-type: none"> • Has fewer demands • Will usually accept the food that's available • May get irritable when hungry • Permanent molars appear • Eats with minor supervision





For Preschoolers Eating is . . .

- Not wanting to try anything green in color
- Examining their sandwich before they eat it
- Loving carrots on Tuesday and refusing them on Wednesday
- Wanting to play at the table instead of eating
- Drinking milk only if they can pour it into their own glass
- Wanting a peanut butter sandwich for lunch everyday for a week
- Preferring simple foods they can eat on their own
- Drinking soup out of a coffee cup just like Mom and Dad

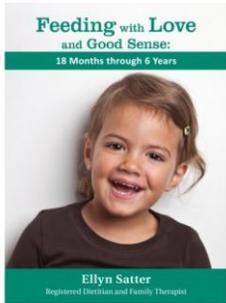


General Toddler Feeding Tips

- Appropriate dishes
- Use a plate or bowl with raised sides
- Give a child-size spoon and a small fork with dull prongs
- Serve foods that are mashed or cut into small pieces
- Finger foods



“Division of Responsibility” Principal



Division of Responsibility



Division of Responsibility

- The **PARENT** is responsible for what, when and where the child eats.
 - Selecting, buying and preparing nutritious foods
 - Providing regular meals and snacks
 - Presenting food in a form a child can handle and master
 - Letting children grow into the bodies that are right for them
 - Be considerate of children’s lack of food experience without catering to likes and dislikes
 - Making family mealtimes pleasant
 - Maintaining standards of behavior at the table

Division of Responsibility

- The **CHILD** is responsible for:
 - Deciding whether or not to eat
 - Deciding how much to eat
 - Growing the way nature intended



Healthy Eating Videos



Feeding Challenges



- “Picky” eaters
- Food jags
- Drops in appetite due to illness or life changes
- Food sensitivities
- Neo-phobic
- Sensory issues

Picky Eaters or Problem Feeders?

“Just because a child rejects certain foods doesn’t mean they are picky – it means they are being a completely normal toddler!”

Questions to Ask Parents:

- Is the number of foods your child eats getting longer or shorter?
- Can your child tolerate watching others eat a food he or she doesn’t like?
- What’s happening after meals?

Healthy Tips for Picky Eaters

- **STOP pleading with your child to eat!**
- Take control of the menu.
- Always provide at least ONE food you know your child likes.
- NEVER cater to a picky eater.
- Offer choices, instead of asking what they want to eat.
- Invite an adventurous friend.
- Limit beverages between meals.
- Have your child help you prepare meals.



What are some of your ideas?

Trying New Foods

- **Make foods easy to eat and desirable!**
 - Offer tiny portions
 - Offer only one new food at a time (with something they like)
 - Make desserts a part of the meal
 - Texture and temperature is important
 - Make foods attractive (color, shape, size)
 - Use child-size utensils and cups
 - Finger foods promote coordination
 - Let children “get ready” to eat
 - Get them to help with snacks/meals



Get Kids Involved in Meal Preparation!



At 2 years	At 3 years	At 4 years	At 5 years
<ul style="list-style-type: none"> Wipe tables Hand light grocery items to adult to put away Place things in trash Tear lettuce or greens Help "read" a cookbook by turning the pages Rinse fruits and veggies Snap green beans Make "faces" out of pieces of fruits and veggies 	<p>All that a 2-year-old can do, plus:</p> <ul style="list-style-type: none"> Add ingredients Help mash potatoes Squeeze citrus fruits Stir pancake batter Name and count fruits Knead and shape pizza dough Help assemble a pizza 	<p>All that a 3-year old can do, plus:</p> <ul style="list-style-type: none"> Peel some fruits, such as oranges Peel hardboiled eggs Help set the table Crack eggs Help measure dry ingredients Help make sandwiches Help make a tossed salad 	<p>All that a 4-year old can do, plus:</p> <ul style="list-style-type: none"> Measure liquid ingredients Cut soft fruits with a dull knife Whisk eggs Zest citrus fruits Follow a recipe

Make Mealtime Safe: Foods to Watch with Toddlers

- Cheese
- Raw Carrots
- Cubed Meat
- Peanut Butter
- Fruits with seeds
- Grapes and Apples
- Hot Dogs



- ✓ Always supervise your children when they eat
- ✓ Have children always remain seated while eating

A Quick Review . . .

- Use MyPlate.gov as a resource: "Balance good nutrition with regular physical activity"
- Remember parent and child responsibilities
- Offer 6 (mini) nutrient-dense meals and snacks each day
- Be a healthy role model
- Be patient!



Contact Information:
Jennifer Staples, Nutritionist

University of Arizona Cooperative Extension
UA Nutrition Network
820 East Cottonwood Lane, Building C
Casa Grande, AZ 85222
520-836-5221, ext. 207
jestaples@cals.arizona.edu

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. James A. Christenson, Director, Cooperative Extension, College of Agriculture and Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
COOPERATIVE EXTENSION
UNIVERSITY OF ARIZONA
NUTRITION NETWORK
