



Who are picky eaters?

Good nutrition is necessary for growth, health, and the brain. Good nutrition helps a child learn, concentrate, and play with others. Sometimes a child may be a "picky eater". If you have a picky eater don't worry, you're not alone!

This guidance is not always easy but can be very rewarding as a child grows and develops into a healthy adult. What and how you feed your child can make a tremendous difference. Raising a picky eater is tough for the mother.

Here are a few tips:

Encourage a child to eat a wide variety of nutritious foods in appropriate amounts. Picky eaters are hesitant to try new foods, offer small amounts once or twice a week. Most children will try a new food after it is offered 10-15 times.

Do not use food as a bribe or reward for desired behaviors, avoid punishing your child for not eating well, limit mealtime conversation to positive and pleasant topics, avoid discussing or commenting on your child's poor eating habits while at the table, limit eating and drinking to the table and limit snacks to two nutritious snacks each day.

Do not prepare more than one meal for your child. If he doesn't want to eat what was prepared for the rest of the family, then he should not be forced to, but you should also not give him something else to eat. Providing alternatives to the prepared meal will cause more problems later.

Who is a picky eater?

Tinku is disruptive at mealtimes
Throws tantrums when food is offered

He refuses to eat.

Tinku is a picky eater.

His mother dreads mealtimes
She wonders if there is a cure
Are you facing a similar situation?
Read on.....

Nutrition is important for the developing brain of the child in the early years. Good nutrition improves the child's ability to learn and stay healthy. To ensure a healthy development and behavior in your child it is very important that your child eats well.

Under nourishment impairs the ability to concentrate, learn and attend school regularly. It disrupts growth and weakens the mental development. Children become less healthy physically and mentally.

When you feel concerned about your child's nutrition give him Pediasure. Pediasure is a complete & balanced nutritional cure

When trying out new strategies to make him eat.

Give your child the **Pediasure** advantage

This information is for educational purposes only and **should not be considered to be medical advice.**

It is not meant to replace the advice of the physician who cares for your child.

All medical advice and information should be considered to be incomplete without a physical exam, which is not possible without a visit to your doctor.