



## Who are picky eaters?

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

Here are a few tips:

*YOU* are responsible for *what* your child is offered to eat, *where*, and *when* it is presented. Plan the menu, get the food on the table, and make mealtime pleasant. Your CHILD is responsible for *how much* he/she eats and even *whether* he/she eats at all. Remember, kids fight back when they feel pressured to eat.

- Offer a variety of food.
- Let your child pick and choose from what is available.
- Have structured meals and snacks.
- Offer meals and snacks at the same time daily.
- Make meals worthwhile.
- Eat at the dinner table and make the meal pleasant and light. Trust your child to eat well.
- Children have the built-in ability to eat a variety of foods. They *will* eventually come up with a balanced diet if they are offered healthy, balanced choices.
- Respect eating quirks. Your child simply won't understand that a sandwich cut in quarters is the same as one cut in half. He/she may find carrot slices delicious, but carrot strips inedible. Or he/she may eat yogurt enthusiastically today, but reject it tomorrow. All this is normal!

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 learning ability and health of children. 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 try Pediasure. Pediasure is a complete & balanced nutritional cure.

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.