



## Does your child refuse breakfast? Is he a picky eater?

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.....

Many studies have confirmed that children who miss breakfast may suffer short-term hunger affecting their concentration span and also manifested as sleepiness, irritability and weakness. This can affect his performance at school.

If you have a picky eater or a kid who does not take breakfast don't worry, you're not alone.

Try Pediasure as a breakfast drink. One glass of Pediasure at breakfast time is an assurance that the child has taken a complete balanced meal.

Here are a few tips for improving your child's eating behavior:

- Don't assume that children will grow out of picky eating.
- Don't hold off a wide variety of foods, assuming children are too young.
- Offer a wide variety of healthy foods. To broaden your children's tastes, let them watch you enjoying many different healthful foods.
- The number of foods kids like does not change much from the age of two or three to age eight. In fact, new foods are often more likely accepted at age two to four than at four to eight.
- Be patient, as you implement all these ideas.

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 give him Pediasure as a supplement. Pediasure is a complete & balanced nutritional.

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.