

# Picky eating, should I be worried?



Picky/fussy eaters are usually defined as children who consume an inadequate variety of foods through rejection of foods that are familiar and unfamiliar to them. But don't worry! Picky eating is perfectly normal for toddlers and it is part of growing up.

## How do I know if my child is a picky eater?



Refuses both already familiar foods and trying new foods



Eats a limited amount of food



Prefers drinks over food



Has strong food preferences



Accepts few types of food

## What factors may cause picky eating?



Their tastes change over time.

One day they love a specific food, but a month later they may dislike it or vice versa



Your baby is employing the independence and testing the limits



Your baby seeks attention and affirmation



Pressuring your baby to eat and introducing lumpy foods late at complementary feeding may be counterproductive in stimulating food acceptance



Picky eating rarely causes serious nutritional, growth or medical problems...

However >>>



Some children may experience growth problems, nutritional deficiencies, dental decay, dehydration or constipation

>>>



Seek professional help if you believe the picky eating is affecting your child's health

Most children who are picky eaters remain healthy and their eating improves as they get older.

# 10 Tips to help your child and you!

An important factor for the baby to accept new foods is the right time for starting the complementary feeding (6 months) with an adequate variability of exposure to new tastes and textures.



1

**Repeated exposure of the new food**  
Wait a couple of days before offering the new food again. It can take more than 10 times for your child to like it.



2

**Do not force the child to eat the new food if they reject it.**



3

**Mix it up!**  
Mix new foods with foods your child likes.



4

**Offer small portions of the new food.**

5



**Show your baby you like the food by eating it first.** After, let your child try it.

6



**Eat together with the family.** It is an opportunity to teach healthy eating habits.

8



**Encourage self-feeding and eating until they are satisfied.** They enjoy it more!



7

**Establish an eating routine.**



9

**Limit drinks except water.**

10



**Avoid distractions (TV, toys...).**

