

## Healthy Measures: Trust Me. Trust My Tummy.

Is your child a [picky eater](#)?

Feeding young children can be a worrisome and frustrating experience for parents and caregivers, but your child is likely eating better than you think! Healthy eating habits start with a spoonful of trust and a slice of patience — your child knows how much to eat.

### You decide:

- What foods to offer
- When to offer meals and snacks
- Where your child will eat

### Trust your child to decide:

- Which foods to eat
- How much to eat

### To help build healthy eating habits, try the following [tips](#):

- Provide a healthy meal or snack every 2 or 3 hours. Don't offer anything but water in between
- Seat your child at the table for meals and snacks. Limit the distractions — turn off the TV and put away the phone, toys and games
- Offer small portions of food and allow your child to say 'more please' or 'no thank you'. If you allow your child to say "no" to food, it helps them to feel free to say "yes" more often
- Let your child feed him or herself
- Let your child leave the table when he or she is full (20 to 30 minutes is generally enough time for young children to eat)
- Keep mealtime free of pressure. Don't bribe or scold your child to eat certain foods
- Eat together as a family whenever possible. You are a role model. Your child will watch what you and other adults do at the table

You have the ability to help your child develop a healthy relationship with food. Just remember healthy eating is more than making sure your child eats his or her broccoli.

For more information on how to help your picky eater or to learn about feeding babies and children, visit [www.york.ca/nutrition](http://www.york.ca/nutrition). Take the "Trust Me. Trust My Tummy quiz" and enter for a chance to win a family-friendly cookbook!

**Do you have questions on nutrition and healthy eating?** Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

**Healthy Measures: Eat Well, Be Active and Be Yourself!**