



Picky Eaters:

6 Strategies for helping
kids eat healthy



PeaceHealth

Get ready for some fun...

***We're glad
you're here!***

Welcome



Your moderator...

Kris Caldwell

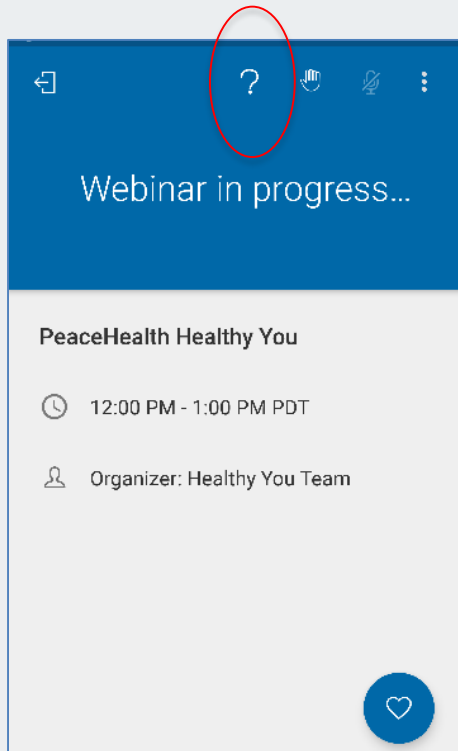
Sr. Marketing Specialist
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Your part...

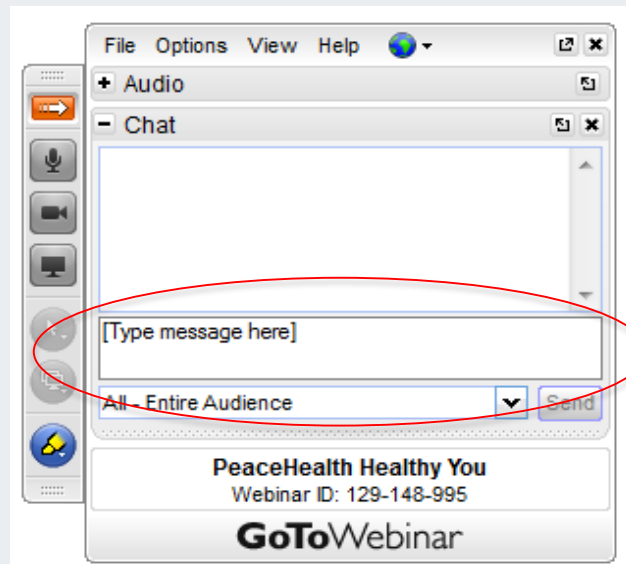
- *Polls & Surveys*
- *All muted = sound quality*
- *Difficulties? Click help*
- *?s or comments welcome*
- *Take survey at end*
- *Recording & resources at:*
Peacehealth.org/picky-eaters



Questions or comments?



On your smart phone
Tap "?", then type your message



On your desktop
Type where it says
{Type message here}

Your speakers...



Jendy Newman, RD, CDE

- *Dietitian & Diabetes Educator*
- *20+ years providing nutrition counsel*
- *Roots in Ohio and Southeast Alaska*
- *Oregon State University graduate*
- *Loves to cook, garden and kayak*



Tok-Hui Yeap, RD, CSP, LD

- *Dietitian & Certified Specialist in pediatric nutrition*
- *10+ years providing medical nutrition therapy*
- *Born & raised in Malaysia*
- *Alum of Edinboro University of Pennsylvania*
- *Loves cooking, travel, photography & writing about food*

An overview

- Taste preferences
- Division of feeding responsibility
- 6 strategies
 1. Positive “picky-free” parenting
 2. Healthy mealtime routines
 3. Getting kids to help in the kitchen
 4. Grocery adventures & taste exploration
 5. Enlist non-parent positive influencers
 6. When to seek professional help

Poll #1

When are your taste preferences set?



Answer is...

- e) throughout your lifetime

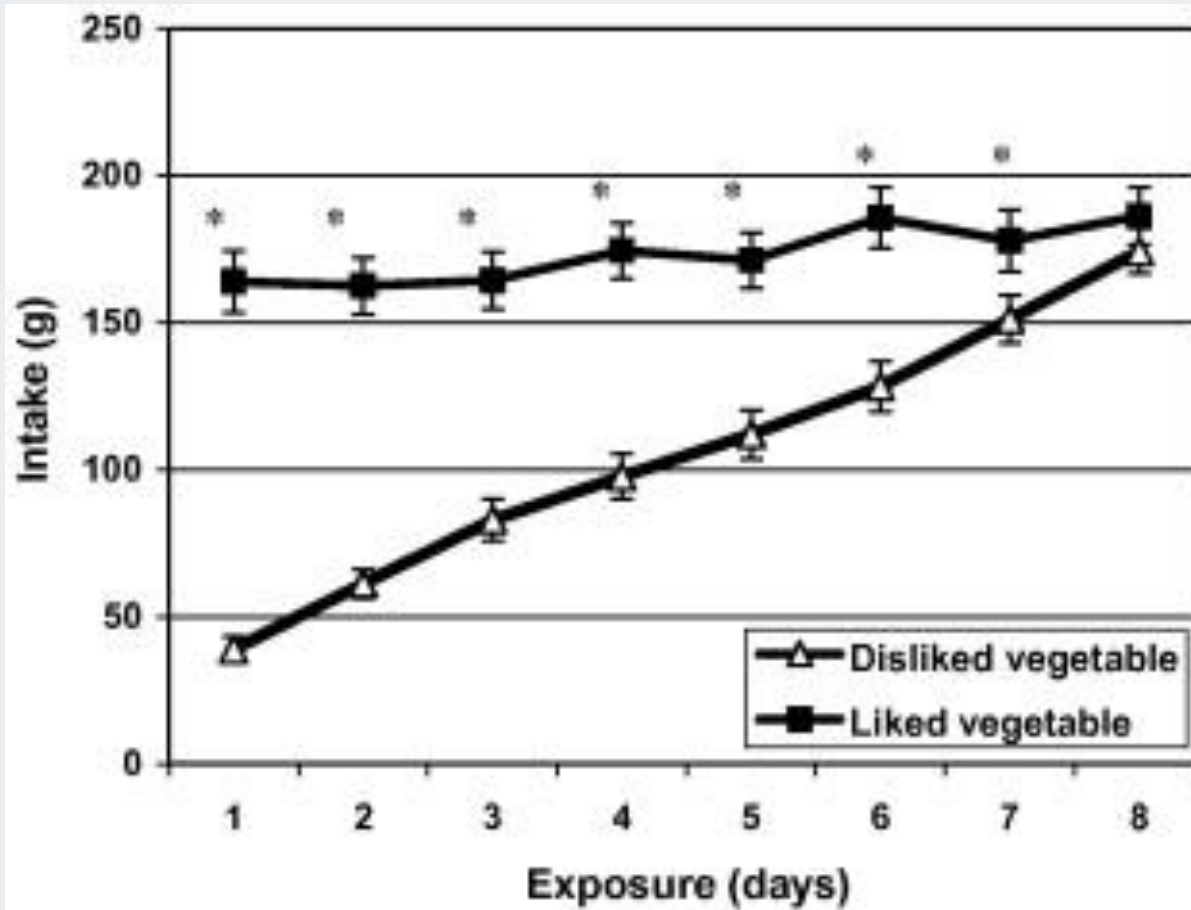
Taste preference or conditioning starts in the womb & continues into old age



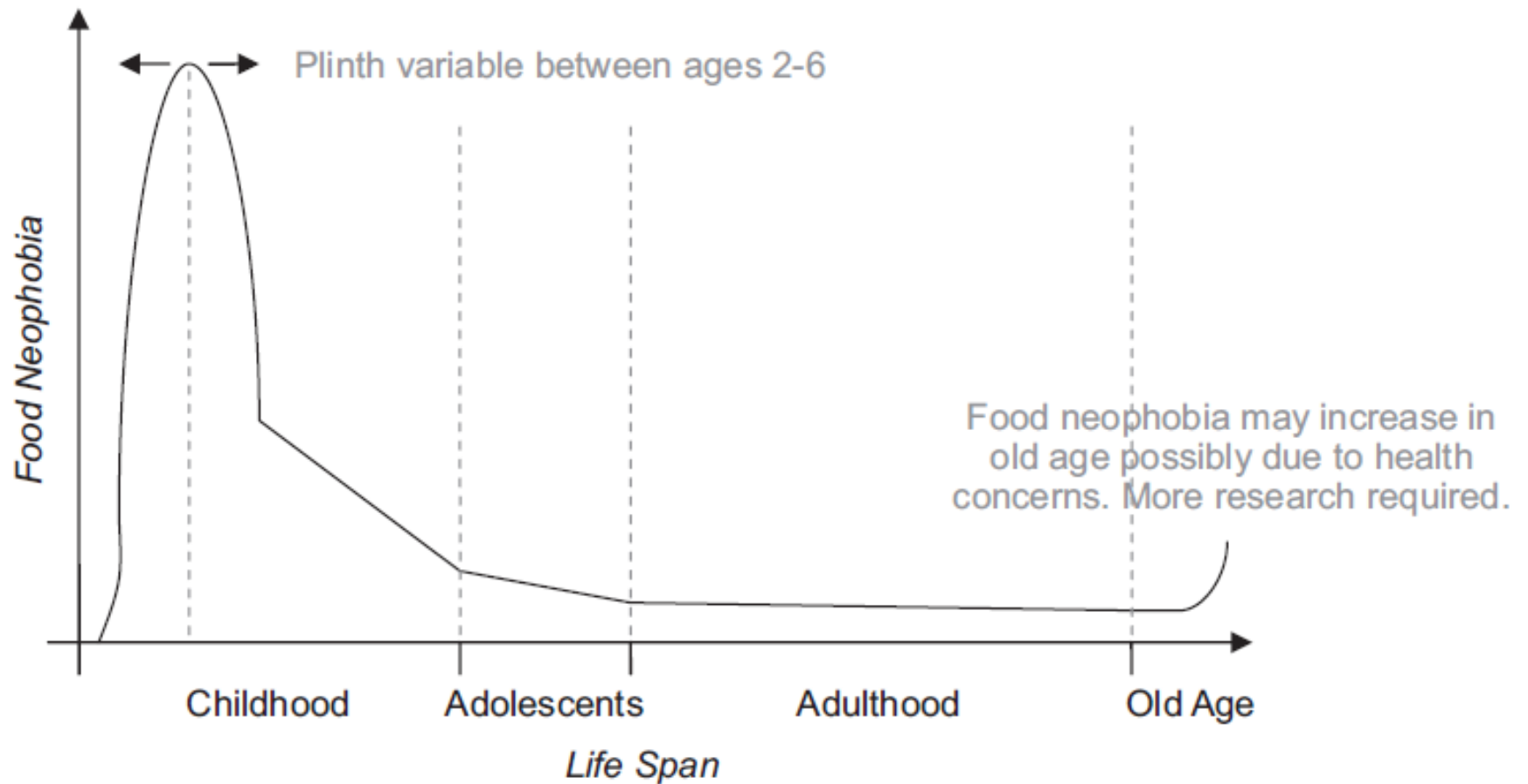
Taste Preference Development

- Womb via amniotic fluid
- Breast milk
- Cultural & familial offerings in infancy
- How food neophobia is handled
- Positive & negative experiences with food





Familiarity
Breeds
Contempt
Preference



Food Stories

- Broccoli
- Green beans
- Mushrooms
- Pomegranate



Poll #2

What do you do when your child refuses to try a food?





Answer is...

- Tasting or one bite policy

Why do families use some of these other methods?

What is your biggest concern for your picky eater?

- a) not enough calories or missing nutrients
- b) too many calories from low nutrient junk
- c) long-term picky habits that may affect them emotionally & socially
- d) other?



Ellyn Satter's Division of Responsibility in Feeding:

- The parent is responsible for *what, when, where*
- The child is responsible for *how much & whether*

“Fundamental to parents’ jobs is trusting children to determine *how much and whether* to eat from what parents provide.

When parents do their jobs with *feeding*, children do their jobs with *eating*.”

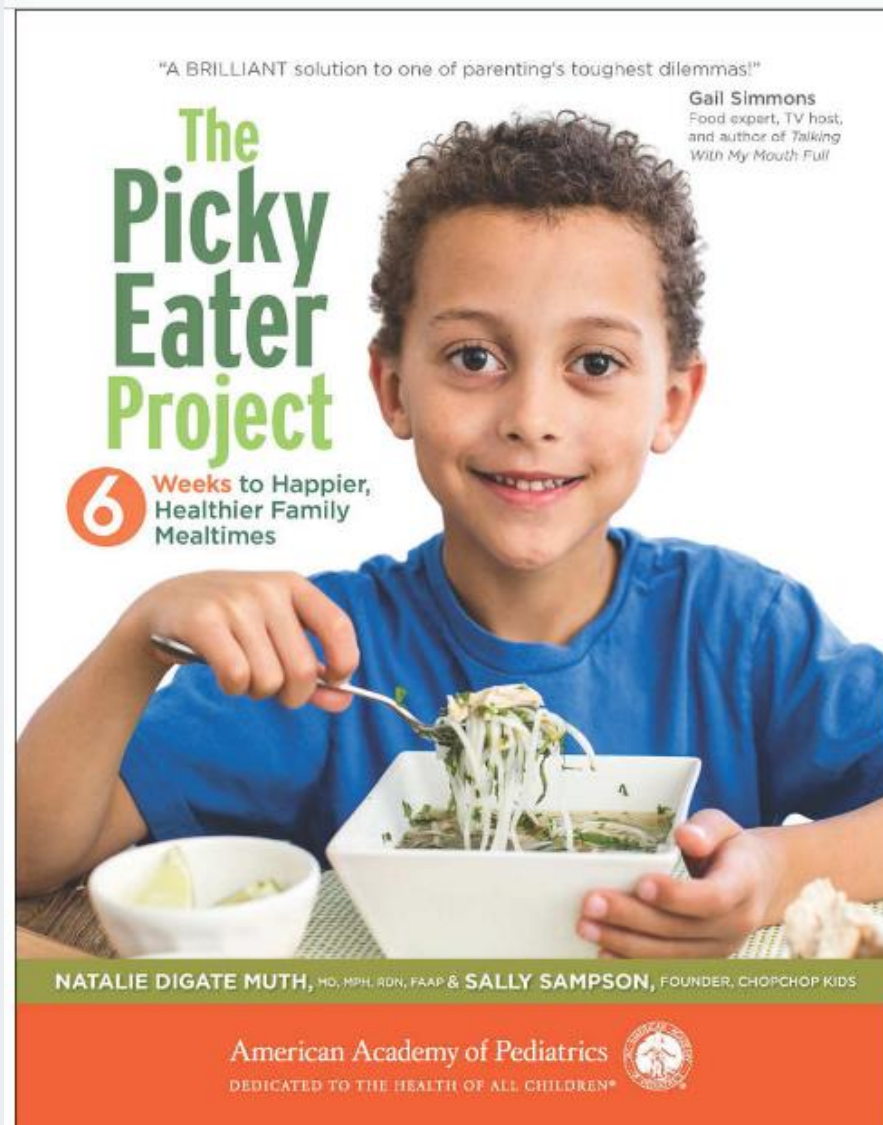




6 strategies to help kids eat healthy

1. Positive “picky-free” parenting
2. Healthy mealtime routines
3. Getting kids to help in the kitchen
4. Grocery adventures & taste explorations
5. Enlist non-parent positive influencers
6. When to seek professional help

Book to get parents started



1. Positive “Picky-Free” Parenting

Develop a family mealtime mission statement as a compass

Examples:

- We will be a family of adventurous eaters
- My children will grow up to be healthful eaters
- No more power struggles, no more mealtime battles



Adopt family guidelines:

10 “Rules” of Picky-Free Parenting



“Rule” #1

- **Be a good role model**
 - Your example is extremely powerful
 - Let the kids see your openness to trying new flavors & tastes



“Rule” #2

- **Parents decide**
 - what food is offered
 - when it is offered
(meal & snack times)
 - where to eat
- **Kids decide**
 - what (of offered food) to eat



“Rule” #3

- **See the value in one bite**
 - Repeat exposure (10-15 times) & they will come around to new foods



“Rule” #4

- Clean plates not required
 - Pay attention to hunger cues for fullness.
 - Use hunger scale to help your kids make choices on hunger & fullness
 - Become a more mindful eater

Are you hungry?

Are you really hungry or do you just think you are? Use this handy hunger scale to reconnect with your body's signals. To avoid overeating, rate your hunger on a scale of 1 to 10:

So full you
feel sick

10

Very
uncomfortable,
stomach hurts

9



Feeling stuffed

8

A little
uncomfortable

7

A little full,
pleasantly
full

6



**Stop eating
when you
reach 5 or 6.**

Satisfied, neither
hungry nor full

5

**Eat when
your hunger
is at 3 or 4.**

Starting to feel
a little hungry

4

Pretty hungry,
stomach is
growling a little

3

Starving,
weak, dizzy

Very hungry,
cranky, low
energy, lots
of stomach
growling

2

1



Hungry at bedtime?

Consider a healthy bite light enough to avoid heartburn, but satisfying enough to keep hunger pangs from waking you in the wee hours.



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peacehealth.org/healthy-you

Source: HealthWise

“Rule” #5

- **No food rewards (sweets, dessert)**
 - Only a short-term fix
 - May set the stage for emotional eating



“Rule” #6

- **Mealtime = Family time**
 - Shop, cook & eat together
 - At least 3 times per week
 - No screens at table



“Rule” #7

- **One family, one meal**
 - Don't prepare special meals for picky eaters (see #2)



“Rule” #8

- **Learn together**
 - Plant a garden
 - Get kids to shop with you



“Rule” #9

- **Have fun!**
 - Try not to take mealtime too seriously
 - Enjoy!

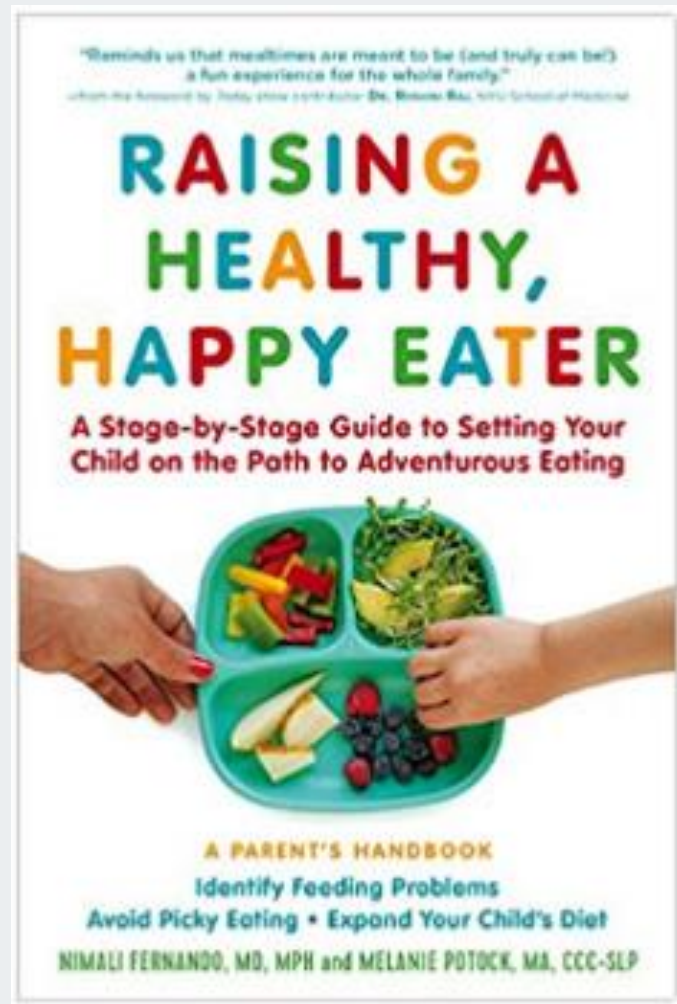


“Rule” #10

- **Be consistent, not rigid**
 - Pick a couple of these 10 to work on first



Book by age & stage of child





2. Healthy Mealtime Routines

- Make a commitment to certain number of family dinners/meals per week (3+)
- Pre-prep items to get dinner on table faster
- Implement mealtime rules:
 - Screen-free time
 - Everyone sits together for 20+ minutes
 - No complaining or nagging
 - Avoid unpleasant experience
 - Everyone plays age-appropriate role preparing or cleaning up

3. Getting kids to help in the Kitchen

- Clean out pantry & fridge
- Healthy options front & center
- Less healthy options out of sight
- Pre-prep fruits & veggies
- Leftovers in clear containers





Age	Activities
18 months to 3 years	Rinse produce, stir ingredients, oil pan or veggies with pastry brush, use plastic cookie cutters, arrange foods into interesting shapes/designs.
3-5 year olds	Measuring, cut soft items with sturdy plastic knife/dough scraper, tearing greens, kneading, spreading , pick herbs
5-7 year olds	Cut herbs with scissors, peel oranges and cooled hard boiled eggs, setting the table, push button on blender
8-11 year olds	Peel vegetables, open cans, crack eggs, learn and use basic knife skills with small knife, whisk, find ingredients, follow a simple recipe
12 years and older	Chop vegetables, make salad, boil pasta, cook eggs, basic menu planning, supervised microwave and stove use, then more complex recipes and gradually less supervision

4. Grocery adventures

- Farmer's market, grocery store, fish market
- Make list but be flexible
- Invite kids when:
 - You have time
 - You're rested
 - You're not too hungry
- Cruise options first
- Accept produce samples, talk to vendors
- Ask kids to select:
 - a fruit or vegetable
 - shape of the whole grain pasta
 - kind of beans





4. and Food Exploration

“Taste buds need play dates too!”

- Identify liked foods color, texture, taste
 - Start with items similar to liked food (chaining)
- Pair new food with a liked food (pairing)
 - Sour & bitter with a sweet or salty
- Encourage but don't force tasting bite
 - Have on plate or in a “try” bowl
- Try at family meal or as an appetizer
 - For very reluctant have tasting time at a non-meal time like after school
- Give credit for helping, smelling, licking
- Talk about “tucking” exploration foods into soups & smoothies
- Have kids help grow indoor or outdoor herb garden

Food Chaining

- Identify liked foods color, texture, taste
 - Start with items similar to liked food



Food Chaining: Example 1

Texture

Only accepting fruit as a puree:

1. baby food banana
2. add mashed banana
3. then add very small bits of banana
4. then add larger bits of banana
5. then serve banana slices



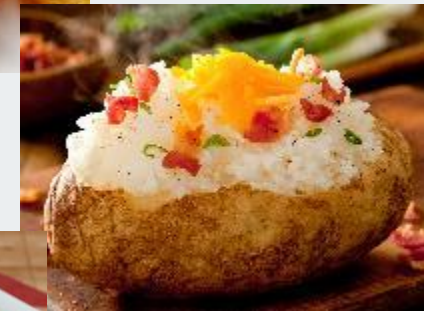
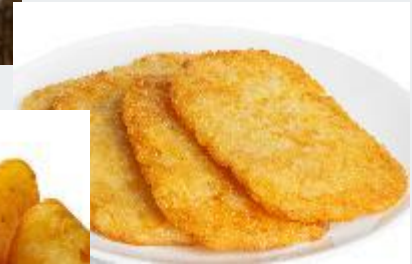
Food Chaining: Example 2

- Chicken nugget
- Different brand or shaped chicken nugget
- Popcorn chicken/chicken strips
- Any type of chicken nugget with dipping sauce (ketchup, honey mustard, BBQ, spicy)
- Parmesan chicken with marinara sauce



Food Chaining: Example 3

- French fries
- Tater tots
- Hash browns
- Roasted potato wedges
- Baked potato toppings
- Potato salad



Recipes for Food Chaining

(see handouts for recipes)

- Chicken Parmesan with Marinara Sauce



- Kid-Friendly Potato Salad



Pairing

- Have new food with a liked food
 - Pretzels with peanut butter
- Sour & bitter with sweet or salty
 - Grapefruit with small drizzle honey
 - Broccoli with grated cheese



5. Enlist non-parent positive influencers

"It takes a village..."

- School, social groups
- Grandparents, aunts & uncles
- Peers



6. When to seek professional help

(Red Flags)

- Failure to grow or gain weight
- Difficulty chewing or swallowing
- Food or liquids getting into lungs
- Pain with feeding
- Vomiting or diarrhea linked with eating
- Developmental delays
- Some lung/heart problems like cystic fibrosis or congenital heart disease
- Extremely selective- only a handful of food
- Forceful feeding by caregiver
- Sudden rejection of food after choking or traumatic event
- Anticipatory gagging
- Refusal to eat or fear of fat
- Excessive wt loss or insistence on maintaining very low weight
- Vomiting or excessive exercise after eating

Survey # 3

Which strategy discussed today will you try?



Handouts and Resource List

Webinar
Resources

- Overview of strategies
- Picky-free parenting
- How to NOT say “eat one bite”
- Recipes
- Recommended reading
- Websites
- Tips to know when to call a pro



Q&A



Questions after the webinar?

- JNewman@peacehealth.org
- tyeap@peacehealth.org

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Free Webinar Series: Strategies to Manage Stress

If you could do one thing for your health, what would it be?

Lose weight? Lower your blood pressure? How about managing stress? Stress—especially the acute or chronic kind—affects all of the “systems” in your body—from stomach and heart to muscles and nerves. So learning to manage stress is a powerful action you can take to improve your entire health—today and for years to come.

Join **Susie Griffin**, a licensed massage therapist and wellness coach, for a free webinar series, **No Worries: Strategies for Stressing Less**. The first of three sessions is **Thursday, March 23, noon-1 p.m.** on different kinds of stress and our reactions to it.

Each session will delve into a different aspect of this timely topic—from the toll stress takes on your body to how to identify the sources of stress and what to do about it.

Sign up for one, two or all three sessions. If you can't attend a live event, never fear... recordings will be available to watch whenever you want.

[Sign up for March 23 webinar!](#)



Be good to your back

Thank you...

- *Resources & recording at peacehealth.org/picky-eaters*
- *Please take the survey....*





PeaceHealth is here to help

peacehealth.org/healthy-you

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