

Fussy Eating



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It is normal for children to refuse food or even try new foods, so it's good to consider what your child has eaten in a week rather than a day - keeping a food diary can help. If your child is active, gaining weight and appears well this is a good indication they are getting enough to eat.

Useful websites

- www.firststepsnutrition.org
- www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters
- www.nhs.uk/conditions/baby/weaning-and-feeding/what-to-feed-young-children
- www.nhs.uk/conditions/baby/weaning-and-feeding/vitamins-for-children

Tips for Fussy Eaters

- Keep offering a variety of foods as it may take lots of attempts before your child accepts some foods
- Gradually introduce other foods and keep going back to the foods your child did not like before
- If your child eats some food from the 4 main food groups, they will be having a well-balanced diet
- Children learn from you, eat as a family as often as possible and give your child family meals, but remember not to add salt to your child's food
- Mealtimes should be enjoyable and relaxed, sit down and have a conversation with your child about their day or interests
- Involve your child in food preparation, allow them to take an active role by helping to cook or self-serving if appropriate
- Always consider portions sizes and praise your child for eating, even if they only eat a little
- Never force a child to eat, remember to remain calm and allow your child to come back to their food
- Consider when you are offering your child food, try and not to leave meals until your child is too hungry or tired
- Limit snacks during the day, 2 healthy snacks are enough for children in between meals
- Introduce a Multi-Vitamin into your child's diet, to ensure they are getting all the vitamins they need