



# Tips to help **2** Fussy Eating



Children may go through phases of picky eating, which is normal. They usually get enough nutrition even with fluctuating appetites. It's a gradual process for them to adjust to new foods.

## Meals

- Children require 3 meals and 2-3 nutritious snacks daily. Do not stress if a meal is skipped – they are likely to eat better at the next meal
- Try 2 courses at meals (a savoury and a sweet course).e.g. fruit, yoghurt
- Make food fun with varied textures and colour



## Fluids




- Ensure your child is not having too many fluids or yoghurt, as this will reduce their appetite for meals
- Aim for around 6-8 cups of water or sugar free diluting juice daily
- Limit milk to about 300mls daily and fruit juice or smoothies to one cup daily

## Dining Experience

- Make a habit to eat together as a family when possible
- Although it can be frustrating, it is important to remain calm and provide a stress free eating experience
- Allow at least 90 minutes between meals and snacks
- Keep meal times between 20 to 30 minutes
- Introduce new foods regularly; children may need more than 12 tries to accept them
- If a meal is rejected, wait until the next meal or snack time
- Avoid distractions like phones or TV
- For younger children, provide finger foods for self-feeding
- Offer gentle encouragement without forcing them to eat
- Create a reward system with non-food rewards for trying new foods
- Start with small portions of new foods and gradually increase the size
- Identify any recurring patterns when your child refuses food
- Offer meals when your child is most hungry



All children under age of 5 should be given vitamin D drops daily. In NHS GGC, all children under 3 can get FREE vitamin drops - ask your health visitor or local chemist.

 [www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/](http://www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/)