



THE SIX O'CLOCK SCRAMBLE

Raising Healthy Eaters: How to Win the Mealtime Wars

Why are kids picky?

- *10,000 taste buds!*
- *7-20 times the charm*
- *Power & control- kids don't have as much freedom as they used to*
- *Different kids, different meals*
 - *Recognize your kid's biggest meal*
 - *Take advantage*
- *Not hungry*
 - *Too many snacks*
- *If you were in their shoes*
 - *How do you do trying new foods?*
 - *What about something really strange?*

Change Perspective

Nutrition Mindset

- Pre-occupied with protein, fruits, vegetables, calcium, fat, salt, sugar
- Rationalize poorer food choices

Healthy Eater is the Goal

- Proportion
- Variety
- Happy relationship with food

Tricks

- Cook with your kids
- Take power struggles out of it
- Communicate
 - Want to stop fighting about food
 - Let's change the way we do things

New Model

- Growing foods (fruits, vegetables, protein, whole grains)—as much as possible
- Fun Foods (pretzels, chicken nuggets, sweetened yogurt)—less frequently
- Treat Foods (ice cream, French fries, cookies)—rarely
- Teaching proportion & moderation- more of the growing foods, listening to body queues

Share the Power

Share the control

- You choose when and offerings, they get to choose what they eat

Provide Choice

- 3-4 choices on the table
- utensils



THE SIX O'CLOCK SCRAMBLE

Raising Healthy Eaters: How to Win the Mealtime Wars

- limited choices in food- shape of pasta, color potato, peas or broccoli
- meal planning together

Family Dinners

- Model the behavior you want to see- they are watching!
- One-bite 2.0—small taste, they can spit it out
- One-one bites—one bite of each thing on the plate
- Family style serving—gives them choices, control
- Keep portions small
- “The Back Up”—same thing every time, *not* a favorite, no cooking, they get it themselves
- Take away the fear factor
 - Predictions—give context: “it is the same sauce as...” “it is crunch like...”
OR let them guess
 - “Food Critic Game”—instead of “I don’t like it”

Keeping Sane

- Mix growing foods in, but don’t lie!
- Multivitamin
- Fruits and vegetables at every meal
- Children 2-8 least likely to be short on key nutrients

Rotate Foods

- Different foods every day
- Start with foods they like, gets them accustomed to change
- Start introducing new foods (in fun and exciting ways)

Make the Food Taste Good!

- Sauces (cheese, marinara, pesto, etc.)
- Spices
- Condiments

If at first you don’t succeed...

Change the cooking style—roast, steam, stir-fry, puree, mash, sauté, sauce

Make it Fun!

Games- soldiers, giants

Build your own- play with your food, rice bowls, pizza, grilled cheese, salad, sandwich