

Hang on! Help is on the way. Try these super strategies for making family life easier.

Katy Family Gram

Our best food tips for Katy's fussiest, hungriest, and littlest eaters

Written by Katy Magazine's Editors



THE PICKY EATER

SNACK TRAY SURPRISE

Instead of a full meal, offer them a nibble tray with a variety of tiny foods like cheese, fruit, carrots, and chicken pieces, so they can nibble on healthy foods and still get fed.

DRINK YOUR FOOD

Make a smoothie with milk, fruit, egg powder, wheat germ, Greek yogurt, peanut butter, and other healthy things weaved in.

INVITE A FRIEND OVER

Invite a non-picky friend of his over who is more adventurous and can model how to try foods for your child.

TRY A BITE PLEASE

Instead of forcing your child to eat their entire meal, encourage them to try a bite. He may fuss at first but next time, the food will be more familiar and less foreign tasting.

THE OVER EATER

DON'T BUY IT

If you have bad foods in your house, your child is going to want to eat it. Better to leave it at the store. (And you should probably give it up, too.)

KITCHEN TABLE ONLY

Don't allow children to mindlessly eat anywhere but at the table so they don't associate snacking with boredom, homework, or watching TV.

WATCH THE SNACKS

Don't automatically offer snacks when a child gets home from school. Let her natural stomach clock say when she's feeling hungry then make sure there are healthy snacks on hand to serve.

NO COMMENT

Be careful not to comment negatively on your child's weight or label him as an overeater. The best thing to do is teach and educate him on what his body needs and demonstrate good eating habits yourself.

EATING OUT TIPS

FAST FOOD ON THE GO

Know which items at the fast food window are reasonably healthy. Many chains now have lower calorie and lower fat options. Children should order from the kids' menu to avoid overeating extra fat in adult meals.

SKIP THE EXTRAS

Focus on the entrée and ask the server not to bring the bread or dessert menu unless it's a special occasion. You can also set boundaries limiting sodas and desserts.

AVOID THE BUFFETS

Very few get out of the buffet line having eaten a healthy portion. Better to skip the buffet and go somewhere with reasonable, healthy portions.

SHARE A MEAL

Ordering family-style and sharing various options can be better than everyone getting huge portions of the works. **KM**

CHUG A LUG

Teach your child to drink water with meals and even have a just-for-fun water chugging race at dinner. He will eat less if he's well hydrated.

NO SODAS

Sodas can spike his blood sugar making him feel even hungrier than he really is. Get rid of sodas in the house and don't allow them.

TEACH FOOD FACTS

Openly discuss nutrition along with what constitutes good and bad food choices to help children start to make positive, healthy choices. If they do like a few healthy foods, make sure to keep them available.



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