

# Nutrition

## N U T R I T I O N

**NEVER** prop bottles for babies or allow toddlers to eat unsupervised.

**UNDERSTAND** it is normal for children to play with their food. Do not punish them or take away their food.

**TRY** new flavors and textures of foods with children. Encourage them to taste new foods, but do not force them to eat it all.

**RELAX** about the amounts of food your children are eating. Normal children will choose what their bodies need if they are offered healthy choices.

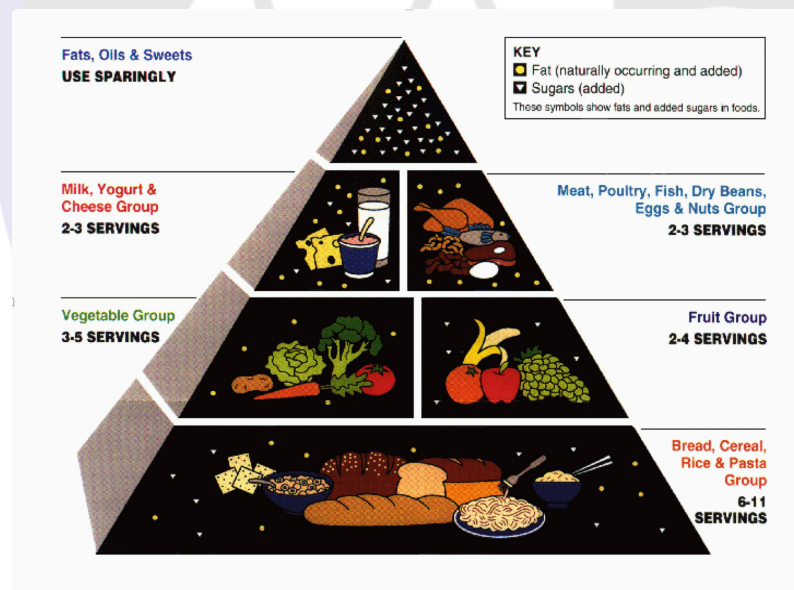
**IN** the process of cooking and eating, children and adults learn about each other.

**TEACH** children about healthy food by allowing them in the kitchen to help you cook. Children will usually eat the food they make.

**INTEREST** your child in healthy foods and do not allow them to fill up on juice, sugary snacks and junk food.

**OFFER** children food from every level of the food pyramid. Use the recommended servings.

**NEVER** try to force children to eat all of the food on their plates. They will quit eating when they are satisfied. Food battles create power struggles that may lead to food disorders.



### ADULT RESOURCES:

- *Everything Baby's 1<sup>st</sup> Food Book* by Janet M. Tarlov
- *Breastfeeding Book Year* by William Sears
- *Family Nutrition Book* by William Sears