

PICKY EATING GUIDANCE

Picky eating is the number one concern that many moms have about toddler nutrition. Dr. Jane Heinig from the UC Davis Human Lactation Center did research to learn the reasons behind toddler behavior and how it affects toddler eating and nutrition. Their team determined that healthy, normally developing toddlers go through 6 major changes during this time that can affect their nutritional intake. These do not apply to children with developmental disabilities.

- 1** **Toddlers grow more slowly than when they were infants:** Because they are growing slower than when they were infants, their appetites are growing more slowly also. She will still eat more as she grows but it will take time before she is eating a lot more. It is common for children to eat a lot one day and less the next.
- 2** **Toddlers must practice their new motor skills:** Toddlers are learning to sit up, crawl, stand and walk. These skills take a lot of practice and can be much more interesting than eating. This may cause toddlers to not want to sit still to eat.
- 3** **Toddlers need to practice using their fingers:** Toddlers use their fingers to discover the world and need practice using them. This may cause toddlers to refuse food from a spoon because they want to use their fingers to feed themselves or they may just play with their food using their fingers.
- 4** **Toddlers need family & friends to help them learn:** Toddlers learn a lot by watching other people around them. They will point at something, either because they want it or they just want to hear about it. They will make noises or cry to get your attention so that others can help them learn. They will watch parents and siblings reaction to food and mimic it.
- 5** **Toddlers get better at remembering things:** Toddlers remember things they like and do not like and the roles people play in their life. They may refuse food that they remember they do not like.
- 6** **Toddlers use scripts to predict what is going to happen:** Toddlers remember patterns in their life. When these patterns change, they may become upset. They may get upset and refuse to eat when dad provides breakfast when mom is usually the one that provides it.

For more information about these changes and tips parents can try, [click here](#).

If you have a patient who may be considered a “picky eater” you may refer them to one of our registered dietitians or degreed nutritionists who are able to provided individualized nutrition counseling to improve their intake. At WIC, when a mom states her child is a “picky eater,” we review the 6 big changes toddlers go through and ways to increase caloric intake without PediaSure. For tips on adding calories without PediaSure, please see the following document:

Pediasure Equivalents

For RD/DN's

This page is designed to be a job aid for RD/DN's whose child participants may be following a healthy growth curve, but the parents are otherwise still worried about their growth.

1 bottle of Pediasure Grow and Gain is equipped with 240 calories, 9g fat, 7g protein, and 33g carbohydrates.

Below are snacks ideas that have roughly the same number of calories compared with 1 bottle of Pediasure.

Snack Ideas

- 1 small apple, sliced + 2 tablespoons peanut butter
- 1/2 c yogurt + 1/4 c granola
- 1 c milk + 1/2 banana + 1 tablespoon peanut butter (blended)
- 1/2 medium avocado smeared onto 1 slice of whole wheat toast
- 1 oz mozzarella between 2 corn tortillas + 2 tablespoons guacamole or sour cream
- 3/4 c corn + 1 tablespoon mayonnaise + 1 tablespoon parmesan (served in a cup)
- 1/2 c white rice spread across 1 sheet seaweed + 1/2 medium avocado (slices) inside, rolled into a avocado roll

Simple Recipe Tips

- Add extra olive oil or canola oil to lean meats, vegetables, or soups.
- Add breadcrumbs to pastas and casseroles.
- Add low-fat or non-fat powdered milk to mashed potatoes, pastas, or casseroles.
- Use low-fat or non-fat milk instead of water to make oatmeal or cream of wheat.
- Sprinkle chopped nuts/seeds into yogurt, cereal, or stir fries.
- Sprinkle cheese onto chilies or soups.

Serv. Size: 1 bottle (8 fl oz)

Amount per serving	%DV*
Calories: 240	
Calories from Fat: 90	
Total Fat, g: 9	14%
Saturated Fat, g: 1	5%
Trans Fat, g: 0	
Polyunsaturated Fat, g: 2.5	
Monounsaturated Fat, g: 4.5	
Cholesterol, mg: 5	2%
Sodium, mg: 90	4%
Potassium, mg: 350	10%
Total Carbohydrate, g: 33	11%
Dietary Fiber, g: <1	<4%
Sugars, g: 12	
Protein, g: 7	14%

* Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

High Calorie Snacks

It is common for children to have days when their appetites may not be what parents are used to. Appetite is affected by many things! Often parents turn to Pediasure to give their child something extra on days appetite seems low, but Pediasure does have lots of sugar and additives to cover up the taste of the vitamins/minerals.

If your child is gaining weight or at an ideal weight, consider giving your child whole foods that do not have added sugars—this will help your child to further develop a healthy relationship with foods. Below are some snack ideas that have roughly the same number of calories compared with 1 bottle of Pediasure.

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- Add low-fat or non-fat powdered milk to mashed potatoes, pastas, or casseroles.
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- Sprinkle chopped nuts/seeds into yogurt, cereal, or stir fries.
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Bocadillos Altos en Calorías

Es común que los niños tengan días donde su apetito no es a lo que los padres están acostumbrados. ¡Muchas cosas pueden afectar su apetito! Muchas veces los padres recurren al Pediasure para darle a su niño algo extra cuando su apetito esta bajo, pero el Pediasure tiene bastante azúcar y aditivos para cubrir el sabor de las vitaminas/minerales.

Si su hijo esta subiendo peso o esta en un peso saludable, considere darle a su hijo comidas enteras que no tienen azúcares añadidas– esto ayudara a su hijo a construir una relación saludable con la comida. Aquí están algunas ideas de bocadillos que contienen casi el mismo numero de calorías que una botella de Pediasure.

Ideas de Bocadillos

- 1 manzana pequeña, rebanada + 2 cucharadas de crema de cacahuete
- 1/2 taza de yogurt + 1/4 de taza de granola
- 1 taza de leche + 1/2 plátano + 1 cucharada de crema de cacahuete (Mezclado)
- 1/2 aguacate mediano untado en 1 rebanada de pan integral
- 1/4 de taza de mozzarella entre 2 tortillas de maíz + 2 cucharadas de guacamole o crema agria.
- 3/4 de taza de elote + 1 cucharada de mayonesa + 1 cucharada de queso parmesano (server en una taza)
- 1/2 taza de arroz blanco distribuido en 1 hoja de alga + 1/2 de un aguacate mediano (rebanadas) dentro, enróllelo como un rollo de aguacate



Consejos para Receta Simples

- Agregue aceite extra, de oliva o canola, a las carnes bajas en grasa, vegetales y sopas.
- Agregue pan molido a las pastas y guisos.
- Agregue leche en polvo baja en grasa o sin grasa al puré de papa, pastas o guisos.
- Use leche baja en grasa o sin grasa en lugar de agua para preparar avena o crema de trigo.
- Espolvoree pedazos de nueces/semillas en el yogurt, cereal o salteados
- Espolvoree queso en sopas.

