

Tips for Parents with Picky Eaters

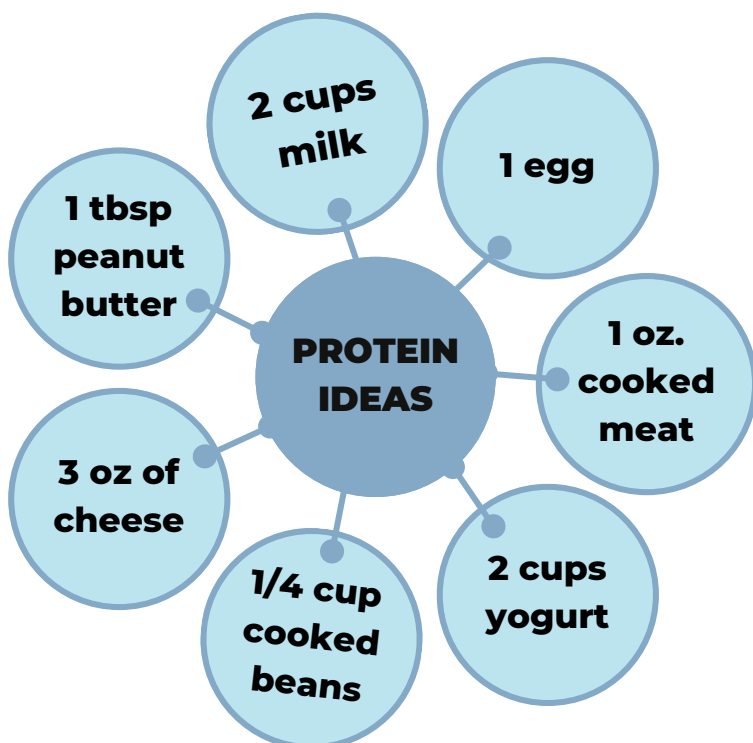
Picky or selected eating is very common in children. When your child is a picky eater, it is important to introduce **protein-rich foods** into their diet as much as possible to make sure they are meeting their daily protein needs for optimal growth. Did you know? Dairy products are a great high protein option for picky eaters!

Try This!

- Have your child help you with grocery shopping. Have them take an active part in choosing foods.
- Have everyone in the household eating the same things.
- Remember that it takes about 8-10 tries before your child begins to accept new food items. Keep trying!

Recommended Protein by Age

12-24 months	2 ounces/day
2-8 years old	2-4 ounces/day
9-13 years old	4-6.5 ounces/day
14-18 years old	5-7 ounces/day



Dairy products contain protein as well as 12 other essential nutrients for children's growth!



This information was brought to you by



Nevada Chapter

OF THE AMERICAN ACADEMY OF PEDIATRICS