



Do I HAVE TO EAT THAT?

How To Prevent Food Fights

You and Your Children Have A Job:

The Parent's Job is to decide... *What to serve*

The Child's Job is to decide... *How much or whether to eat*



Parents plan meals and purchase the foods that are available to eat. This is when you can help your children make healthy food choices. Plan all meals and snacks. Take inventory of what you have on hand. Are they the foods you want your kids to eat?

Don't Force!

Food presented in a positive manner will be more acceptable.

- ◆ Kids fear anything new. It may take several times before they even taste a new food, and a few more before they like it.
- ◆ Respect your kids, show them you won't make them eat. They may decide to try it on their own.
- ◆ Be patient about food acceptance when introducing new foods. Give them the freedom not to like it.
- ◆ Be creative, serve food in fun shapes and new ways. Color and texture helps.
- ◆ Let kids help when preparing food.
- ◆ Remember, some kids get a big kick out of eating, others could care less. Either way it's okay.

How Much?

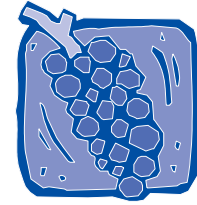
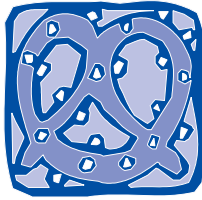
Kids eat and grow according to their own "road map."

- ◆ Kids' appetites vary, some days they eat everything in sight and other days they eat very little. IT'S NORMAL!!
- ◆ Help your kids be successful with eating. Keep portions small, they can always ask for more.
- ◆ Don't restrict the amounts they eat at meals. Withholding food has been shown to cause overeating when they get the chance.
- ◆ Normal eating is flexible, it depends on emotions, schedules and hunger.
- ◆ Saying no to foods can make them seem more appealing. Instead of saying no, don't have them available.
- ◆ Don't be too free with milk, juice or other beverages between meals, too much and they won't be hungry.

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Summary

- ◆ Eating together as a family is VERY important to a child's attitude about food.
- ◆ Make mealtime pleasant and comfortable, avoid too many rules.
- ◆ Present a variety of good foods and let your child choose.
- ◆ Have fun with food, let your child help with planning and preparing meals.



- ◆ Serve food in new ways. Color, texture and new shapes help.
- ◆ Limit distractions. NO TV during mealtime.
- ◆ MOST IMPORTANTLY, kids are great imitators, especially of the people they love. Be an example of a healthy lifestyle. PRACTICE WHAT YOU PREACH!

To find out more, call UNH Cooperative Extension,
Nutrition Connections Program, at 1-800-366-3546. UNH Cooperative Extension,
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The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238