

10 HEALTHY TIPS FOR PICKY EATERS


幫助孩子健康飲食的十個小提示



CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

Your child may like one food today and hate it the next day; eat or refuse foods based on a certain color or texture. Try not to get frustrated and continue to make healthy food choices available for your child and know that, with time, your child's appetite and eating behaviors will balance out. Try the following tips to help you get through this picky eater stage:

- 1. Stay calm.** Be a good role model for your child to try new food and eat a variety of healthy foods. You, as parents, are responsible to provide food, and the child can decide whether to eat or not. 
- 2. Share a meal together as a family** as often as possible. Turn off the TV and keep phones away from the table at mealtime. Use this time to model healthy eating and focus on family time. 
- 3. Offer the same foods for the whole family.** Try to include at least one food your child likes at each meal and continue to provide a balanced meal with variety.
- 4. Avoid using food as a reward or punishment. DO NOT** pressure your child to eat or punish them for not eating because it can make them dislike foods they may otherwise like. Allow your child to feed himself/herself if possible.
- 5. Involve your child in meal planning.** Let your child help in picking the fruit and vegetable at grocery stores. Offer choices between healthy options. 
- 6. Let your child be a tiny chef.** They can learn about food and get excited about tasting food when they help prepare meals. Encourage them to add ingredients, scrub veggies, or help stir food under your supervision. 

- 7. Make food fun.** Your child may be open to try foods arranged in eye-catching and creative ways. Try:
 - Arrange food into your child's favorite character or shape
 - Create new tastes by mixing two or more food groups together to make interesting pairings
 - Name a food your child helps create
- 8. Trying new foods takes time.** It may take up to 10 times or more for a child to finally accept a new food, so keep offering new foods and those they did not like before. When you offer new food, try:
 - Offer new foods first when your child is most hungry
 - Start with small portions of only one new food
 - Talk about where food comes from, its color, shape, and texture
- 9. Be creative with your food.** Offer a variety of healthy food, especially vegetables, fruits, low fat milk, whole grain and higher protein foods such as meat and deboned fish. Try new recipes or different herbs and spices to make food tastier.
- 10. Build a bridge to link food together.** Once your child accepts a food, use it as the "food bridges" to introduce other food with similar color, flavor, and texture to help expand variety in what your child will eat.

Remember! If you have concerns about your child's growth of eating behavior, talk to your child's doctor or a Registered Dietitian/Nutritionist.

- Sources:**
- Choosemyplate.gov
 - Healthychild.org

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

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孩子可能今天喜歡一種食物，第二天就討厭它；他/她也可能因為食物的顏色或質地選擇進食或拒絕食物。盡量不要因此感到沮喪，繼續為孩子提供健康的食物選擇，並且要知道，隨著時間的推移，孩子的食慾和飲食行為會漸漸平衡。嘗試以下方法來幫助孩子度過這個挑食階段：

1. **保持冷靜。**成為孩子的好榜樣、示範嘗試新的食物和各種健康食品。作為父母的您負責提供食物，孩子可以決定是否進食。



2. **盡可能經常一家人一起吃飯。**吃飯時間，關閉電視機並讓手機遠離飯桌。利用這段時間來示範健康飲食，並專注於家庭時間。



3. **為全家人提供同樣的食物。**嘗試在每餐飯中，加入至少一種孩子喜歡的食物，並繼續提供多樣化的均衡膳食。

4. **避免使用食物作為獎勵或懲罰。**不要強迫孩子進食或懲罰孩子禁止進食某樣食物，因為這會使孩子不喜歡那個原本可能喜歡的食物。如果可能，讓孩子自己吃飯。

5. **讓您的孩子參與膳食計劃。**讓孩子幫助挑選水果和蔬菜。家長可以向孩子提供幾個健康的食物選擇，讓孩子決定吃哪一個。



6. **讓孩子成為一名小廚師。**在參與烹調的過程中，孩子可以認識食物，並對他們參與烹調的食物更感興趣去



品嚐。鼓勵孩子幫忙添加食材、清洗蔬菜、或在您的監督下幫助攪拌食物。

7. **讓食物變得有趣。**將食物用引人注目和富有創意的方式佈置可能會吸引孩子去品嚐。嘗試：

- 將食物佈置成孩子最喜歡的卡通人物或形狀
- 將兩種或多種食物組合在一起，形成有趣的搭配，創造新口味
- 為孩子幫助烹調的食物命名



8. **嘗試新的食物需要時間讓孩子接受。**為了讓孩子最終接受一種新食物，期間可能需要嘗試十次或更長的時間，因此請您繼續提供新食物和他們以前不喜歡的食物。當您提供新食物時，請嘗試：

- 在孩子最餓的時候，先向孩子提供新食物
- 開始時，讓孩子只嘗試少量的一種新食物
- 與孩子討論食物的來源、顏色、形狀和質地

9. **發揮您的創意來烹調食物。**向孩子提供各種健康食品，尤其是蔬菜、水果、低脂牛奶、全穀物和高蛋白食品，如肉類和去骨的魚肉。嘗試新的食譜或不同的香草和香料，讓食物變得更美味。

10. **建造一座連接食物的橋樑。**一旦孩子接受了某種食物，請將它用作“食物橋樑”，以引入其他顏色、風味和質地相似的食物，以幫助孩子擴展飲食的多樣性。

記得！如果您對孩子的飲食習慣有所擔憂，請諮詢孩子的醫生或註冊營養師。

資料來源：

- Choosemyplate.gov
- Healthychild.org

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如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.