

10 Things You Need To Know About Feeding Your Child

1. **Use Full Fat Dairy Products**
 - Do not use reduced fat options
 - Does not cause obesity in moderate amounts
 - Essential vitamins A, D, E and K
 - Dilute if you do not like taste
2. **Reduce excessive wheat intake and rotate foods**
 - Wheat is a big, inflammatory protein
 - Overused in the diet
 - Use spelt, kamut, rye, oats, quinoa, millet, amaranth
 - Many children are fed the same foods every day
 - Even fussy eaters benefit from some variety in breads, crackers, milks etc
 - Even different brands can have different nutritional profiles
3. **Use fresh, 'whole foods'**
 - Packaged foods are nutritionally deficient
 - Even 'organic' 'preservative free' etc
 - Time consuming but worth the effort
4. **Toddlers should be eating and drinking – not sucking!**
 - Related to packaged foods
 - Sucking food (eg Rafferty's Garden) and bottles are not good for jaw development and speech
 - Not good for encouraging palette
 - 'Lazy' way of eating – great for producing fussy eaters!
5. **How much milk after age one?**
 - After age one, milk is a drink and not a food
 - Dairy is not an essential food but calcium, vitamin D and healthy fats are needed
 - One cup of milk, small serve of cheese and yoghurt is enough
 - Look at other calcium sources (tahini, almonds, canned salmon, sardines, broccoli etc)
6. **Give protein at every meal**
 - Protein are the building blocks of cells
 - Vital for energy, concentration, growth and mood
 - Fish, meat, chicken, egg, legumes, nuts, seeds, natural yoghurt, chia seeds etc
7. **Identify the real difference between 'sometimes' foods and 'everyday' foods**
 - If you have treats at home it is difficult to say no
 - Sometimes foods are not given very often
8. **Sugar is the enemy – if it tastes sweet, it is sweet!**
 - Sugar depresses the immune system and causes inflammation, cell damage and poor health
 - Babies and young children do not need sugar in their diet
 - Check ALL food labels for sugar and do not buy them for home
 - Honey, fruit juice and most breakfast cereals are full of sugar
9. **Don't be afraid of healthy fats**
 - Most children are fat deficient
 - Use good fats liberally in diet (avocado, eggs, nuts, seeds, tahini, coconut oil, cold olive oil, oily fish etc)
 - Minimise your use of fried foods and heating oils (grill, bake, steam instead)
10. **Desensitise while you wait**
 - Keep exposing your child to foods they do not like (while hiding them in other foods!)
 - Give a 'challenge' food each night and try to keep it on their plate
 - Play, paint, draw and 'play cook' with foods they will not yet eat
 - Be patient – don't give up!