

PICKY EATERS?

*Guaranteed Hacks
to make you happy*



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TITLE

PICKY EATERS?

Guaranteed hacks to make you happy

By

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While all attempts have been made to make the book a guide to help address the subject, it is meant as a resource to help and inform. Since health and healthcare is a constantly evolving subject, the authors will not be held responsible for any errors of omission and/or commission. All healthcare decision of your child should be taken after consultation with your doctor. This book is not a substitute for a doctor's consultation.

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About the Authors

I am Dr. Amrita Basu, an ENT surgeon and a mommy to a five year old. Dr. Abhijit Misra is a paediatrician and a teacher in a medical college. We are the co -authors of this book and partners in real life.

We are passionate about spreading the message of health, wellness and healthy life style, we love helping people design a healthy, happy life. Our blog is our digital home and helps us do just that.

We love gardening, travelling and playing with our little girl in our spare time. If you want to know more about us, visit our blog healthwealthbridge.com .

You can also find Dr. Amrita Basu on [twitter](#) .Don't forget to say hello after you read our book.

Introduction

Why we wrote this book

My daughter is now 5 years old. There was a time not long back, when her mealtimes stretched hours. While hubby played with the little one, showing her birds and bees, I tried to feed her one mouthful at a time. Abhijit is a paediatrician with 10 years experience as a child specialist. But as a father this was his first time and I was in the same place. He agreed that books are only good, if they are backed by experience and practical advice. This book is just that.

Picky eating you will face at various points, as your child grows. But as a pre-schooler they will be trickiest. The problem is they need to **grow, play and learn** during this time too. The first 5 years of life are very important and that's why we wrote this book sharing our knowledge and experience. Hope this helps you too.

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If baby is a picky eater blame yourself: Healthy eating habits in children

Problem making your child eat healthy? Your child likes only junk food? You are worried about childhood obesity?

What your child eats, will not only help in developing their physical and mental health, but also influence their health as adults. This is a problem which is more complex than just tempting him/ her with new recipes.

Did you know it's not just what your child eats now, that's to blame. It's also your diet, during pregnancy, breast feeding and afterwards.

In this case, moms have all the power, to change the baby's food choices. When I was pregnant I wouldn't eat chicken for the entire 9 months. I had nausea throughout my pregnancy and hated cooking. The smell of jeera, garam masala, made me want to puke.

But I still enjoyed fish, eggs and mutton .As long as I didn't cook them. Veggies were always a large part of my diet .So was milk. When I ate to keep healthy, I always remembered that these nutrients were building my baby one cell at a time. Most of the child's health and Immunity depends on food. But there was one more important reason to eat healthy.

What exactly does the mother's diet do?

IT DOES 3 IMPORTANT THINGS

- 1) Builds the **flesh** and blood baby
- 2) Builds the **immunity** of the baby
- 3) Builds the baby's **food choices**.

Most attention is paid to the first two. Because they are unquestionably important .What's not discussed is the 3rd one. Mommy's complaining of baby's being picky eaters. But you have to recap, what you loved having, when you were pregnant. That's how you can handle the picky eater baby now!

Sounds weird right? How can a mother build a baby's healthy taste in food?

You have 2 full-proof tools, in your mommy tool box. Both are free.

#1 CHOOSE HEALTHY EATING OPTIONS DURING PREGNANCY

Your child develops her palate or food preferences in the womb. Food odours are due to certain chemical components.

These compounds especially those with strong distinctive smell and taste are detected in the amniotic fluid. Garlic, cumin, other spices have distinctive chemicals which brand the amniotic fluids. The developing baby swallows *amniotic fluids* in the womb.

Sense of taste and smell is functional during foetal life. Helps develop the food preferences after birth. The mother's diet is an interesting way of, building up food tastes in the unborn baby.

It's one of the most important ways to prepare the infant's solid food choices later in life.

#2 YOUR BREAST MILK AND YOUR FOOD CHOICES

After birth of baby, what you eat as a mommy flavours the breast milk.

If you want your baby to have healthy eating habits, you must eat healthy. Include a variety of nutritious food in your diet. It is the best way to make your baby learn healthy eating, even when breastfeeding

Prenatal and early postnatal flavour exposure helps baby develop his/her food preferences. The child enjoys the different flavours in solid food more enthusiastically, when complementary feed is started.

So mommy, eat well, before during and after pregnancy.

What did you eat most often, when you were pregnant? Did you eat junk food?

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Picky eater: When you need to worry

When my baby girl was 6 months old, we started her on all sorts of mashed food. From 6 months to 1 year it was a constant battle of experimental baby food. From 1 year to 2 years age, some more experiments and finally we have a balance.

Once while traveling my daughter refused to have anything, except plain white rice and milk. Then I realized she was having a difficult time adjusting to new food. Because, news flash!

It's NEW!

Imagine giving a vegetarian, a nice stir fried octopus for dinner. Not a good idea right.

Baby's growing up on milk has essentially a bland diet. Veggies lack taste and texture when given as a boiled mash. Fish, chicken, eggs can be smelly. Their tender taste buds can't handle spices.

They are fighting a battle too. The only way to win is to persevere.

Children need to learn, to stop being afraid of food .To enjoy their food. Make the right choices. Making positive food choices early in life, helps them cope even away from home, when they grow up.

When will you call a child picky eater?

Picky eaters have strong food preferences. They have a persistent unwillingness to try new food.

Can it cause problems with nutritional status?

Yes it will cause nutritional deficiencies, if unchecked. 50% of 19 to 24 month old children are picky eaters. Because of this, they will be avoiding micronutrient rich food, like fruits and veggies .This will affect the growth of your child.

2 main problems

1) **Failure to thrive:** With physical and mental development not up to the mark according to age.

2) If children develop unhealthy eating habits .This may lead to **adult eating problem and health issues.**

When you need to worry?

*If your child is less than 1 year: Height, weight and developmental milestones need to be checked monthly. Because your baby grows, even while you watch. The first year of life is very important. You need to worry, if there's no significant positive change in the monthly assessment.

*If your child is more than 1-year-old: Height needs to be checked every 6 months. If child is not growing in height then that's a cause for concern. It's a sign of **chronic [protein energy malnutrition](#)**. Weight needs to be checked every 3 months.

If your child doesn't gain weight or gains too much. Both are cause for concern. No weight gain is due to lack of adequate dietary protein- energy .Excessive weight gain, gives rise to malnutrition of **obesity**. This happens when there are excess calories in the diet. But it lack important macro and micronutrient.

WHEN YOUR CHILD SHOWS SIGNS OF MICRONUTRIENT DEFICIENCIES:

- Paleness of body
- Repeated skin infections
- Has repeated cold and cough
- Suffer from mouth ulcers etc.
- Is cranky
- Has little energy to play

WHEN YOU DON'T NEED TO WORRY?

- Baby is happy, active with good growth.
- Both height for age and weight for age are within normal limit.

What's Neophobia?

Neophobia is the tendency of children to initially reject new or novel food. You will have to give **new food 10 to 16** times before they accept them.

Tips for parents before starting new food

- Start new food 1 at a time.
- Give gaps of 3 to 5 days before starting another new food.
- New foods should be stopped in the event of diarrhoea /vomiting /rashes. These may be due to food allergy.
- During complementary feeding your baby will like softer and smoother texture foods. Gradually replace with thicker food items
- Don't give up. Just because your baby refuses something once don't lose heart. Make it taste different. Make it look different .A variety of food tasting is important for babies to get a taste for it.

My baby girl started her animal protein journey with fish. She refused chicken for the longest time. But mutton she liked from a pretty young age (around one and a half years).

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I didn't touch chicken throughout my pregnancy. Did you know [mother's diet in pregnancy determines a child's food habit?](#)

She loves her eggs too. Boiled fried or poached. I have noticed for all animal proteins, she likes a crunchy first bite, which will then melt in the mouth (She loves a crunchy Hilsa fry). Not chewy or oily. Since she liked the crunchy texture and I burn stuff while cooking I went and bought an air fryer. I wrote about it [here](#).

The air fryer keeps the taste intact and the food doesn't lose its colour, with a fraction of the calories. Want Super tips to deal with fussy eaters? Read the next chapter.

Freebies just for you

Access my VIP library full of health resources I don't share anywhere else. [Subscribe](#) Now.

If you have a child who is just being weaned you might want my [Weaning guide](#) .It's a VIP resource.

Read the next section to get tips for feeding your pre-schooler.

If you believe the book has helped you ,and worth sharing, would you take a few moments to let your friends know about it ?When it makes a difference in their lives, they will forever be grateful to you.

I would also be eternally grateful if you checked out another of my books on **Amazon**. Just click here <http://amzn.to/2pYOB9H> it will directly take you to the page .

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Feeding your pre-schooler: Ultimate guide

My daughter is 5 years old. Meal times nowadays are more fun and relaxed than before. But it's still not a breeze.

As a mother, I have learned that there really is no simple single solution to feeding your child. It's a challenge, which you have to win. I practically learnt to cook, so I could feed my child! My mom and sis are super awesome cooks. So growing up, I only went to the kitchen to clean up. That was my delegated chore.

Even during college when I went to Delhi for my post grads, I had a limited set of recipes under my belt, which I used to recycle every other week. But to feed a child you constantly have to reinvent and innovate. It has to be healthy, tasty, fresh, and appropriate for age and in the right amount. The most difficult time for me was when I started weaning her. That's definitely, topic for a book! The next milestone for feeding is when your baby is a pre-schooler.

Is your child a Preschooler? Does every mealtime seem to be totally uphill?

Mealtime=Battlefield? Fussy eating, picking at food, pushing food away, tantrums during eating? You need a solution now. Don't lose your temper; it will just make the problem worse. Eating healthy starts from home. I have a solution.

Ultimate tips for feeding fussy Pre-schoolers

1) Make meal time's family time. Have fun at meals. Eat together as a family. Include food from all food groups so that your child gets curious and wants to taste them.

The more you enjoy your own meals as a family, more likely your child will learn to look forward to her meals and enjoy them more. Eating all meals together may not be possible. Try to have at least your breakfast and dinner together!

2) Cook tasty healthy food one item on your plate easy to share with your child. Offer food from your plate. When your child sees you eating different types of food, he/she will be more willing to try new food items.

3) Maintain a daily chart of what your toddler eats. The calorie count will help you decide on further dietary needs. Rotate and change food items you give for meals and snacks. Just like you, your baby will like variety in her meals.

The biggest reason for food refusal is often **boredom** with the food she is offered.

4) Avoid sweets, chocolates, fries, chips, [highly salted](#) processed, fast food before meals. These foods cause satiety but doesn't fulfil your child's nutritional needs.

Fun food like these should be offered as positive reinforcement or bribe. If your child has her meal without tantrums, then she may be given a small treat.

5) Make it a rule to make your child try, **at least 1 new item** of food every day. This way she will have variety, as well as a balanced diet.

6) Make a pact with your child. At each meal your child must try a food at least 5 times before he/she can decide to not, have that food. By that time you should be able to make her have a fair amount! Then allow her to have one item of his/her choice.

7) Feed your child when he /she is hungry. Children eat better when they are hungry, Give them the new food item, as the first food to try. Hunger will make them more likely to eat the new food. Definitely avoid snacks too close to mealtimes.

8) Cook with your child at least show her the [veggies, fruits](#), cereals which are needed to make her meals. Ask him/her to help you make the preparations. Being involved in the process often makes them more likely to try this food willingly!

Why is feeding your pre-schooler such a Big deal?

You know that your child needs energy **to play**. They also need the right amount and right type of nutrition **for growth**. But as a pre-schooler they have one more challenge. They have **to learn!**

As a mother you will not only be building her body for a healthy life, but also be responsible for providing her with the right equipment to make learning fun and easy.

So what should your pre-schooler eat?

They can be offered the same food as the family. Offer them variety, but not too many choices at the same time.

Experiment with different, consistency, cooking methods for cereals, pulses, vegetables. Ideally their daily food intake should include food from all groups.

Cereals, vegetables, fruits, proteins including animal proteins, milk all are needed for the complete physical and mental development.

Meal plan Guideline

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Cereals: Rice, roti, bread, oats

Proteins: Fish/lean meat/eggs/chicken, beans, peas, various dal, milk group (milk, yoghurt, cheese)

Fat: Butter, oil, ghee.

You should be careful with foods that may cause choking:

Slippery foods like grapes preferably cut and then offered.

Large pieces of meat/poultry should be avoided .They should be well cooked and made into small pieces.

Small hard food: [nuts](#)/seed/popcorn/raw carrots /[raisins](#).

Sticky food, like peanut butter is better avoided.

Watch while your child eats.

What food may cause Food Allergies?

Common food includes milk, eggs, peanuts, other nuts, soybean, wheat, fish, shellfish, and certain fruits.

Symptoms of food allergy:

Cramps and pain in the abdomen, bloating, flatulence, altered stool, itchy rash following ingestion of a particular food.

If you feel your child may be allergic to certain food definitely talk to your doctor.

Special tips for picky eaters

Offer them 1 new food at a time. The new food should be offered at the start of a meal, when child is hungry.

Every mealtime should have 1 food that your child loves plus whatever the family is having.

Make food recognizable, mashed formless food is something which no one likes.

Child might like only one food group. Offer positive incentive to try others.

Crackers, toast, air popped popcorn, vegetables cut into cubes, air fried/grilled with a dip. Cut up fresh fruits, home-made curd, grilled paneer, milk , plain/flavoured -custard with fruits, pudding, hard boiled eggs are all great options.

Homemade cakes made healthy are something which can make your tricky pre-schooler happy. Endless possibilities with that.

Take Away Message

Top tips for making your pre-schooler eat well are:

- Eat healthy as a family.
- Plan your meals as well as snack.
- Give your child enough time to eat.
- Try to have quiet time before meals and snacks
- Involve child in making food.
- Try using child sized plates, cups, spoons etc.

I hope this eBook helps you feed your pre-schooler. Bringing up your little one may be your most difficult lifetime project, but she/he will definitely be your most rewarding!

Go to the next page to get a chance to participate in an interesting contest and another surprise.

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Thank you

If you have come so far, I am grateful for your time.

I am running a fun little contest .By entering you get a chance to win surprise gifts .You just need to mail me the answer to the question below, at dramrita@healthwealthbridge.com .

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Contest question:

What should you do when a child has allergy to a certain food?

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All the very best for everything you do .Keep shining

Dr. Amrita Basu & Dr, Abhijit Misra

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