

The Truth About Picky Eating



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EN NUTRITION

OPHA
Ontario Public Health Association
l'Association pour la santé publique de l'Ontario
ESTABLISHED 1980

This content was created by Niagara Region Public Health and is endorsed by the Nutrition Resource Centre.

What is the Nutrition Resource Centre?

- Funded by the Ministry of Health and Long Term Care
- One of 14 health promotion resource centres in Ontario
- Operate under the Ontario Public Health Association since 1999

Our Mission.....

*“To **strengthen the capacity** of health promotion professionals and community partners involved in healthy eating and nutrition across the health continuum...*

*Through networking and collaboration... **fostering knowledge transfer and exchange** and **building a centre of excellence** in evidence-based resources and tools that will support program and policy development throughout Ontario.”*

NRC Consultation Services

Team of Registered Dietitians and public health professionals

- Expertise in food, nutrition, healthy eating
- Expertise in public health – evidence-based health promotion strategies, program planning, implementation, evaluation and policy

Provide consultation and support services:

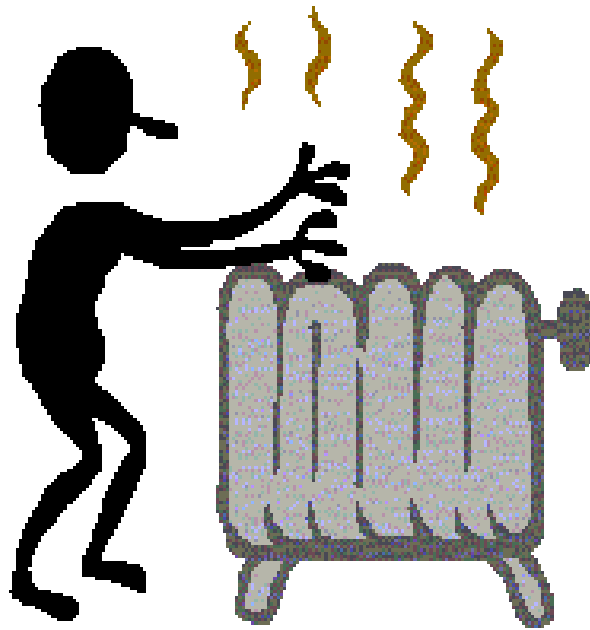
- To health intermediaries, communities groups and organizations, public health units, government
- Develop and deliver KTE products (e.g., fact sheets, webinars, workshops)
- Provide nutrition evidence, best practice reviews, reports and resources to support community work, programs and policies
- Offer group facilitation and consultation services to support the Healthy Kids Community Challenge

For more information about NRC's services, please contact:

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Warm up activity





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“We are facing a
childhood
feeding crisis, not
an obesity crisis”

Katja Rowell, M.D.



Why is this happening?



What do you think makes a child a “good eater”?

- A) Eats some of everything on their plate
- B) Will try at least one bite of a new food
- C) Feels good about eating
- D) Finishes most of the food on their plate
- E) All of the above

What drives children to eat?

- A) Hunger – the drive to survive
- B) Appetite – the need for pleasure
- C) Social reward – the desire for sharing (food)
- D) Biology – the body’s tendency to maintain a preferred body weight
- E) All of the above

What do you think of when you hear the term 'picky eater'?

- A) Likes and dislikes change often
- B) Eats 1 or 2 foods and ignores others
- C) Is hesitant to try new foods
- D) A, B and C
- E) None of the above

The truth is...

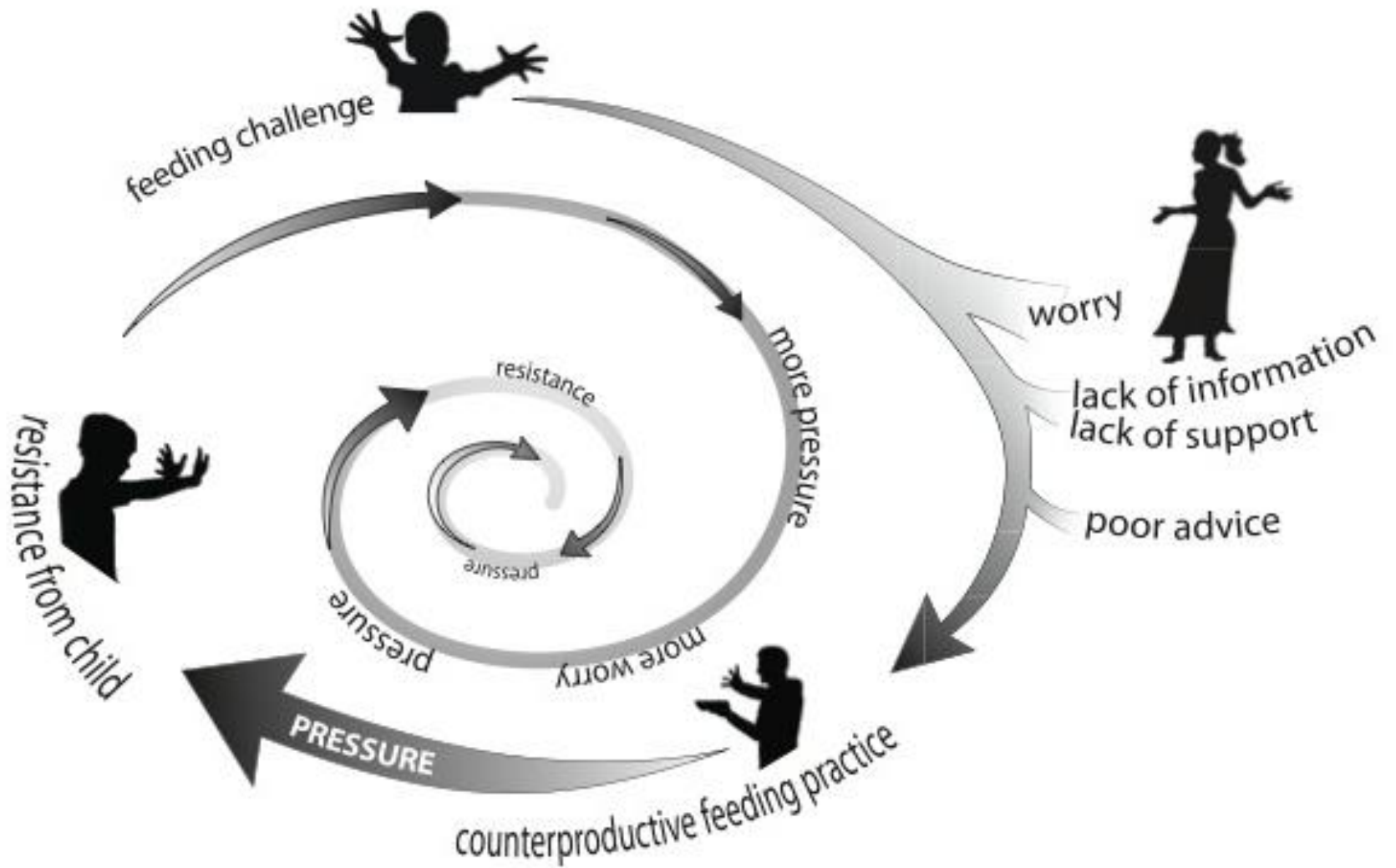


Are there exceptions?





The misguided approach



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Where do we go from here?





A better way

Feeding as parenting





What can adults do to allow children to be eating competent?

- A) Take time to eat
- B) Be friendly, positive, matter-of-fact and there
- C) Help children get served but don't pressure them
- D) Let them decide what and how much to eat
(from what adults provide)
- E) All of the above



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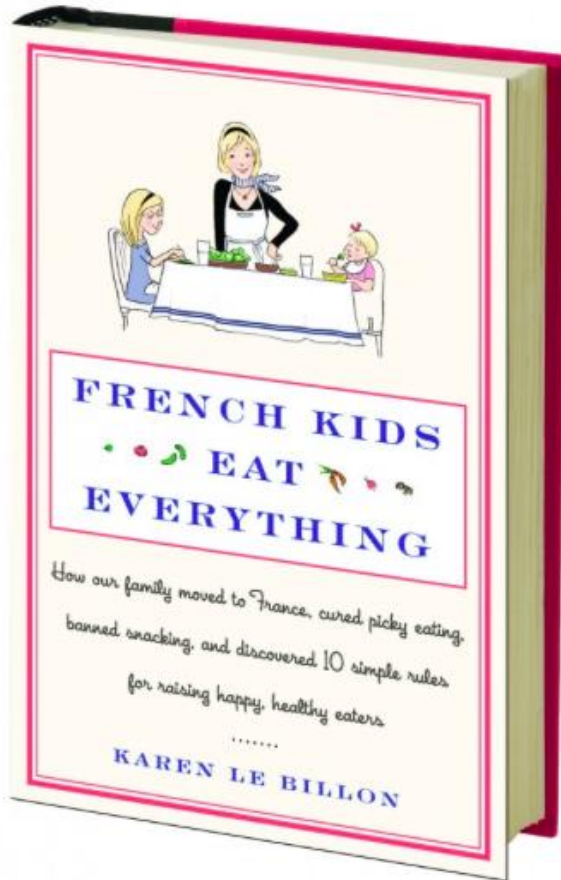


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French Kids Eat Everything!



TASTE TRAINING CAN CURE (AND PREVENT) PICKY EATING!



-  Recipes
-  Routines
-  Games

Teach your kids to eat, just like you teach them to read!



-  Kids like eating **healthy food**
- Kids eat a **wide range of foods**
- One family, one meal = **less stress!**

clip

