

other possible reasons...

• Is he tired?

A small child will feel better and eat better at dinner if he is getting enough sleep. Most children need an afternoon nap.

the fussy eater

Why does my child refuse to eat?

he may not be hungry

A child's appetite can slow down between the age of 2 to 5 years when he's growing slower.

Let your child eat when he's hungry and stop eating when he's full.

Offer 3 healthy meals and 2 to 3 snacks about the same times each day.

Let your child decide how much he will eat.

a preschool child has a small tummy

He could fill his tummy with sweets, juice, milk or snacks, and not be hungry at meals.

Sweets

A child who eats lots of candy, cookies and other sweets **learns to prefer sweet tastes**. He may refuse to eat foods that are not sweet.

Juice

Fruit juices can fill a child's tummy and ruin his appetite. **Limit juice to 4 to 6 ounces or less each day.**

Milk

A child could drink a lot of milk and not be hungry to eat. **Your preschool child needs 16 ounces of milk each day.** If he drinks more than 24 ounces, it's too much milk.

Too many snacks

Snacking or grazing on food often during the day can ruin an appetite. Your child may not be hungry at meals. Offer only one snack between breakfast and lunch, and one snack between lunch and dinner.

Try to avoid snacks during the two hours before a meal.

A healthy child will eat when he's hungry.



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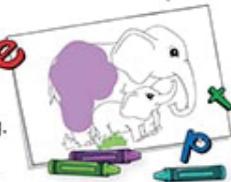
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ng.

d color

able

cooking.



With care

think your child may be sick.

be fussy if nts to eat ething else

nds with your child.

Others eating chips, chips. If he sees you he will want a sandwich.

Separate meal for your child.

eat all meals and snacks to see you fuss over him. money to cook separate meals. k one meal for your family. what his family is eating.

g with kids

at with your child.

ot like to eat alone. oods that are colorful

on't talk about foods that

. If your child hears that do not like a certain not like it also.

be or reward eating.

list of "doesn't like". will change with variety of foods. ange his mind.



State of Wisconsin
Department of Health Services
Division of Public Health
P-00729 (08/2014)