



Is there a Picky Pirate on your ship?

Try these healthy eating tips!

Prepare and Share Healthy Fare

Kids are more likely to eat food they helped prepare, and dining together lets you model good eating habits. Serve vegetables regularly and use fruit instead of sweets for snacks and dessert. Take advantage of your child's hunger by serving veggies first. Avoid using high calorie foods as incentives or rewards. Instead, reward your child with activities he enjoys and keep food separate from a behavioral context.

Fortify Favorites

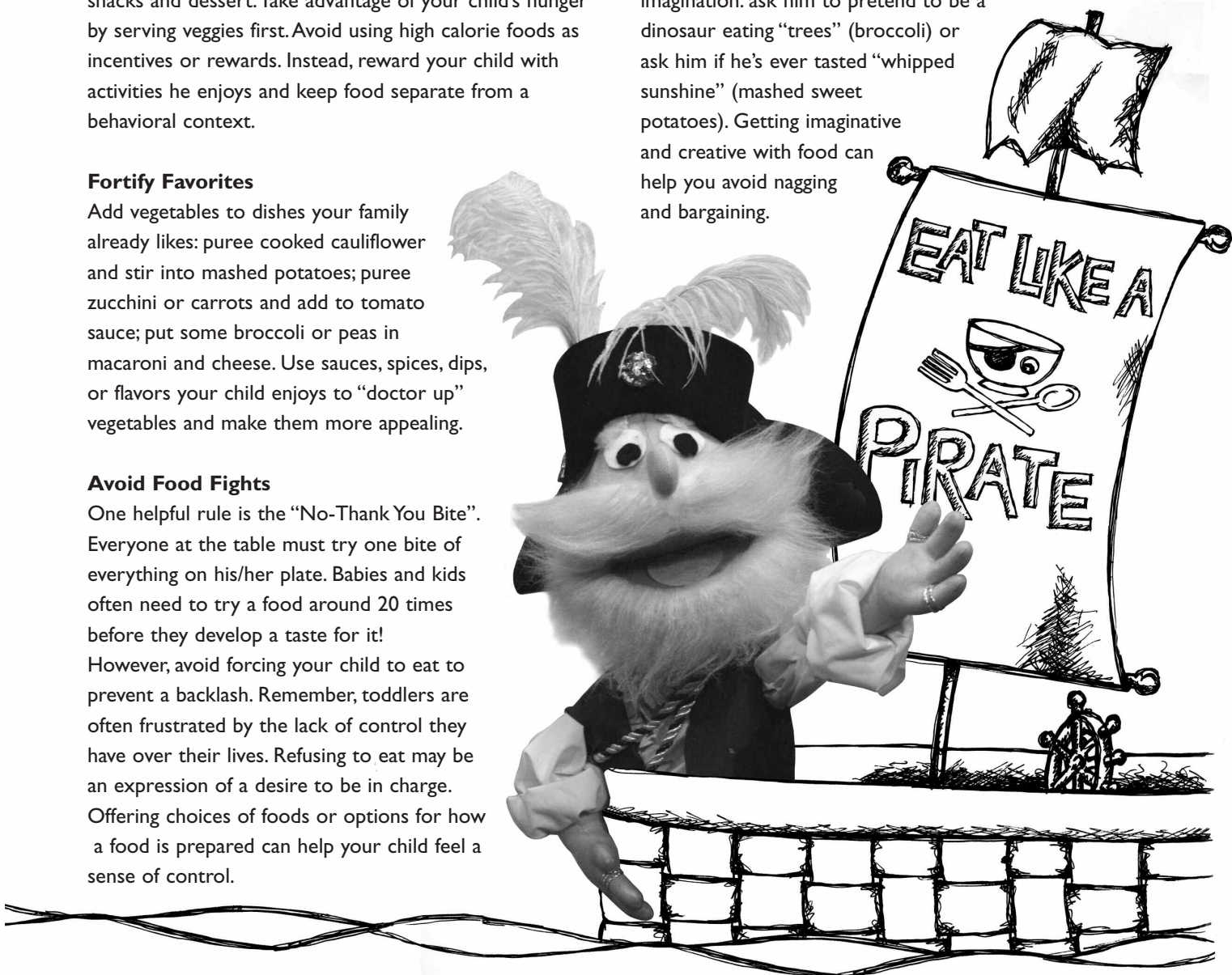
Add vegetables to dishes your family already likes: puree cooked cauliflower and stir into mashed potatoes; puree zucchini or carrots and add to tomato sauce; put some broccoli or peas in macaroni and cheese. Use sauces, spices, dips, or flavors your child enjoys to "doctor up" vegetables and make them more appealing.

Avoid Food Fights

One helpful rule is the "No-Thank You Bite". Everyone at the table must try one bite of everything on his/her plate. Babies and kids often need to try a food around 20 times before they develop a taste for it! However, avoid forcing your child to eat to prevent a backlash. Remember, toddlers are often frustrated by the lack of control they have over their lives. Refusing to eat may be an expression of a desire to be in charge. Offering choices of foods or options for how a food is prepared can help your child feel a sense of control.

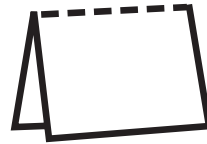
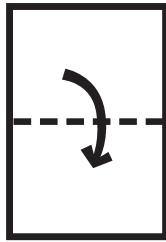
"Play" With Your Food

Remember "Ants on a Log"? The classic snack of a celery stick with peanut butter and raisins was fun to eat because of the silly name. Engage your child's imagination: ask him to pretend to be a dinosaur eating "trees" (broccoli) or ask him if he's ever tasted "whipped sunshine" (mashed sweet potatoes). Getting imaginative and creative with food can help you avoid nagging and bargaining.

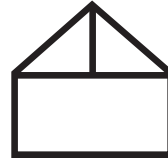
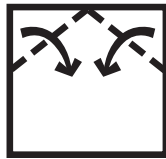


Make a Pirate Hat!

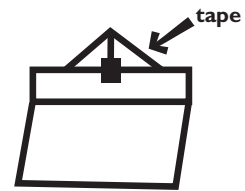
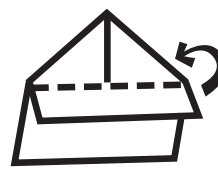
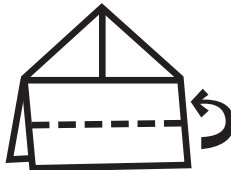
1. Take one section of a newspaper and fold in half. Place with folded edge at top.



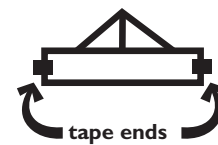
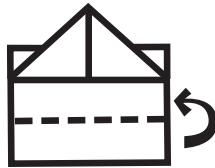
2. Fold top flaps over to make a triangle at the top.



3. Fold the top bottom layer up twice; tape where fold meets the center of triangle.



4. Flip over and repeat step 3 on other side; but tape ends of hat instead of center.



Recommended Reading

Books

- [I Will Never Not Ever Eat a Tomato](#) by Lauren Child
- [D.W. the Picky Eater](#) by Marc Brown
- [The Seven Silly Eaters](#) by Mary Ann Hoberman
- [Eat Healthy, Feel Great](#) by William and Martha Sears
- [How I Became a Pirate](#) by Melinda Long
- [Shiver Me Letters: A Pirate ABC](#) by June Sobel
- [Night Pirates](#) by Peter Harris
- [Roger, the Jolly Pirate](#) by Brett Helquist
- [Grandma and the Pirates](#) by Phoebe Gilman

Sources

- <http://childparenting.about.com/od/recipehints/a/healthyeaters.htm?p=1>
- <http://sheknows.com/about/look/5190.htm>
- http://www.ivillage.co.uk/pregnancyandbaby/toddler/todnutrit/articles/0,,50_171281-3,00.html

