

## 4 WAYS TO MAKE YOUR CHILD'S EVERY MOUTHFUL COUNT

When a child isn't a keen eater, it can be worrying and stressful. Here are 4 ways to make sure every mouthful of food your child eats, counts, to maximise their nutritional intake.

### 1 Allow them to get hungry

Constantly chasing your child around the house with food and drink means that they won't get a chance to feel hungry. Allow 2-3 hours between main meals and snacks so your child can develop hunger and learn what it feels like.



### 2 Provide them with food 6 times per day

Offer 3 main meals and 3 snacks to make the most of opportunities to get some nutrition into them. If they eat well at 3 to 4 of those meals, then that's progress.



Here is a simple smoothie recipe where PediaSure can be used to enhance your child's nutritional intake.

Blend together the following ingredients:

- 150ml of milk
- 1 small ripe banana
- 5 scoops of PediaSure powder
- 100g of yoghurt
- 1 tablespoon of honey.

This recipe can also be frozen into ice blocks for a different texture.

### 3 Make the most of their 'hungry times'

Provide your child with highly nutritious food at times when they are most hungry. For some children this may be in the morning, for others it may be in the second half of the day.

### 4 Maximise their nutritional intake

This can be done by adding good quality fats and protein to meals and snacks to boost their nutritional content such as:

- Extra Virgin Olive Oil
- Nut butter, ground nuts or seeds
- Oily fish such as salmon or tuna
- Avocado
- Cheese, yoghurt or milk
- Legumes
- Eggs
- An oral supplement such as PediaSure

For more recipes using PediaSure visit [www.pediasure.com.au/recipes](http://www.pediasure.com.au/recipes)

For additional support for your child, speak to an Accredited Practising Dietitian.

# GROW STRONG

