



Picky eating. A concern for our child's health



Picky eating is a phenomenon in which people have distinct preference for what they like or dislike about food. In severe cases, it can lead to nutritional imbalance and have a negative impact on health. In particular, healthy eating habits are very important part of infants and children's growth development. To learn about the causes of your child's picky eating and what to do to develop healthy eating habits, please refer to the information below and form healthy eating habits through positive modeling.

What's the cause of our child's picky eating?



Children born with a picky temperament

Children born with a picky temperament are more sensitive than their peers and have a strong tendency to dislike change. This may be why they only seem to choose foods they have tried before.



If you are concerned about not eating and give only your preferred food

As children get used to the tastes they frequently encounter, they may like them or perceive them as delicious. If you give them only the food they like, they will get used to that taste and may refuse other foods. If this situation continues your child may grow up with biased eating habit.

*If you only eat the same food and have few food experience

From the time they are weaned, children practice eating small amount of various ingredients such as meat, vegetables, grains, etc. At this time, children who have not tried the ingredients thoroughly show a rejection reaction to unfamiliar foods they try the first time.



If you try to force feed a child

A coercive atmosphere or negative experiences a child receives during meals can lead to a rejection of food. Picky eating can occur for a variety of reasons, such as scolding experience and choked.

Do this for proper eating habits



Give child enough time according to their pace



The way and speed of eating are different for each person. The digestion time and eating time of children's food are different, so do not force your child to eat if he or she has difficulty in eating or does not want to eat. For children who are picky eaters, trying different foods in a hurry is not helpful, so it's important to try them slowly.

Cook with a recipe that suits your child



Our child has a favorite recipe or cooking style. If your child is a picky eater, try serving them in a variety of recipes. It's also good to do the cooking process together.

Provide a variety of food ingredients consistently

In order for a child to become familiar with one food ingredient, he or she must eat it at least 8 times. It is recommended to alternately provide uneaten foods every 2-3 days. If you don't give it to your child just because he or she doesn't eat it, picky eating can get worse. It is important for parents to be consistent and provide regular meals.



Increase new foods little by little



They may like new things, but first impressions can last a long time for children, so it's better to try new foods little by little at first. In particular, if the oral sense is sensitive, the child may easily reject foods with rough textures such as vegetables or the smell of unfamiliar foods. Add 1% of a new food to 99% of the child's favorite foods. If the child eats the foods without resistance. Then try increasing the proportion of new foods little by little.

Take time to eat with your family



It is important to develop eating habits of eating meals together with the family. If parents first show children eating all foods happily, the child will also develop the habit of eating well.

Refrain from watching media while eating

When a child is not eating well, it is not good for the child to turn on the cell phone or TV and then quickly put food in the child's mouth when he or she is focused. The entire process of a child selecting food, putting it in the mouth, and chewing it is a meal. Give your child the opportunity to enjoy food and feel the texture on their own.



Reduce snacks before meals



If your child eat snacks before lunch or dinner, your child may be unwelcome to eat at mealtime because his or her stomach is already full. Be extra careful with fructose or carbonated drinks as they are not good for health.

Let your child's body move actively before eating



Make the child's body move actively before eating. This is when they use up a lot of energy, so they feel hungrier and all the food tastes delicious. It's an opportunity to try foods they haven't tried before.