



Tips for Feeding Fussy Kids Julie Maree Wood 20/05/10

Some facts:

- 80% of parents are concerned about their children's eating habits
- Lifetime eating habits usually established by age of 8
- Fussy eating has more than doubled in the last 10 years.
- Common reasons for fussiness: hungry, doesn't like texture, teething, bored, not in control
- **Superfoods** for kids include blueberries, oats, pawpaw, natural unflavoured yoghurt, avocado, seeds and nuts

5 key messages for parents of fussy eaters:

1. **Make every mouthful count.** Ensure every mouthful is packed with as much nutrition as possible, so whether they eat just a spoonful or a bowlful, you are giving their growing bodies and minds maximum nutrition.
2. Lifetime eating habits are established by age 8, so **any work you do now** will have great long term benefits.
3. **Stick to the 3 Ps** – positivity, persistence, praise
4. **Any change, big or small**, you give their diet gives them a nutritional boost and is a fantastic step ahead.
5. If they are fussy about one particular food group (eg. veges), continue to serve those foods and educate your fussy one about their benefits but also **use superfoods to boost their diet and fill any gaps.**

Iron Booster Balls

Take about 10 –15 mins to prepare

Keep for up to 2 weeks in the fridge

Makes 30 balls

Ingredients

½ cup dried peaches

½ cup dried apricots

2 tablespoons boiling water

¼ cup almond meal

½ cup desiccated coconut

1 tablespoon apple juice

2 tablespoons wheat germ

¼ cup skim milk powder

½ cup extra desiccated coconut

Method

Place the dried apricots and peaches in a food processor and pulse until finely chopped.

Add the boiling water and leave the fruit to soak for 10 minutes.

Add the almonds, coconut, wheat germ, skim milk powder and orange juice.

Blend until it forms a firm dough. Add an extra tablespoon of juice if it is required to bring the dough together.

Roll the mixture into small balls and roll in the half cup of extra coconut.

Keep in an airtight container in the fridge.