



ASK THE EXPERTS

Food Exposure



ASK THE EXPERTS

Food Exposure

Q: My child refuses to eat
fruits or veggies almost every day.
Should I be worried?

Food Exposure

A: The goal is exposure and composure. Remember, kids will pick up and adopt your worry or anxiety. Focus on exposure as a win rather than actually eating the food. When you focus on exposure, you will eventually see them touch it and play with it. **No pressure.**

If your child is not thriving on their weight curve, speak to the child's clinician. In a pinch, including a few smoothies is one way to introduce fruit and veggies into their diet.





ASK THE EXPERTS

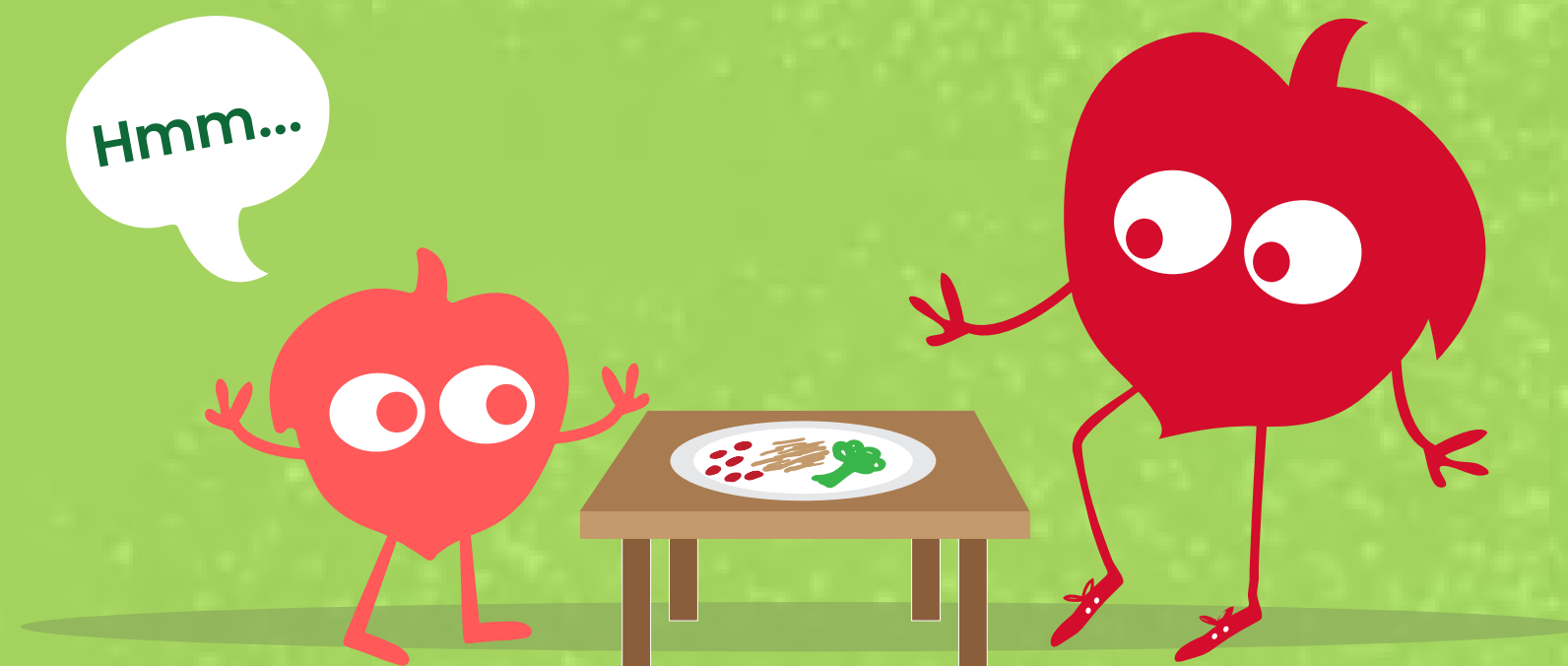
Food Exposure

Q: My child won't touch food.
What should I do?

Food Exposure

A: Less pressure.

Expose unknown foods with a safe food they love. If they touch it or don't touch it, it gets the same reaction out of you (no need to throw a party if they eat and no need to get upset if they don't).





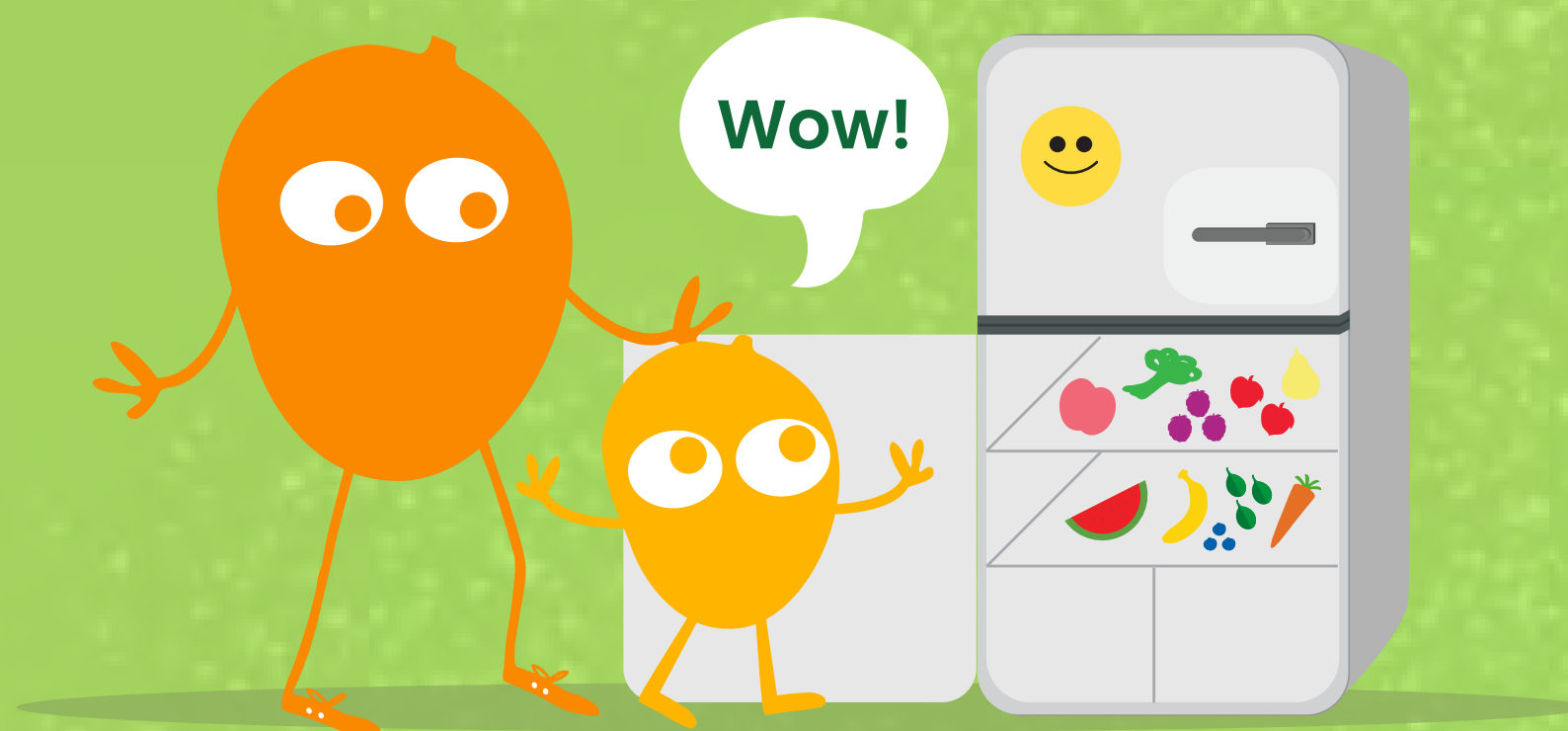
ASK THE EXPERTS

Food Exposure

Q: How is my child growing,
they barely eat!

Food Exposure

A: We get nutrients in many ways, so your child will still grow even if they eat the same five things. BUT, the goal is to diversify the palate to expose the child to various nutrients for their immune health. So **don't focus on the number** but rather the lifestyle we're trying to create.





ASK THE EXPERTS

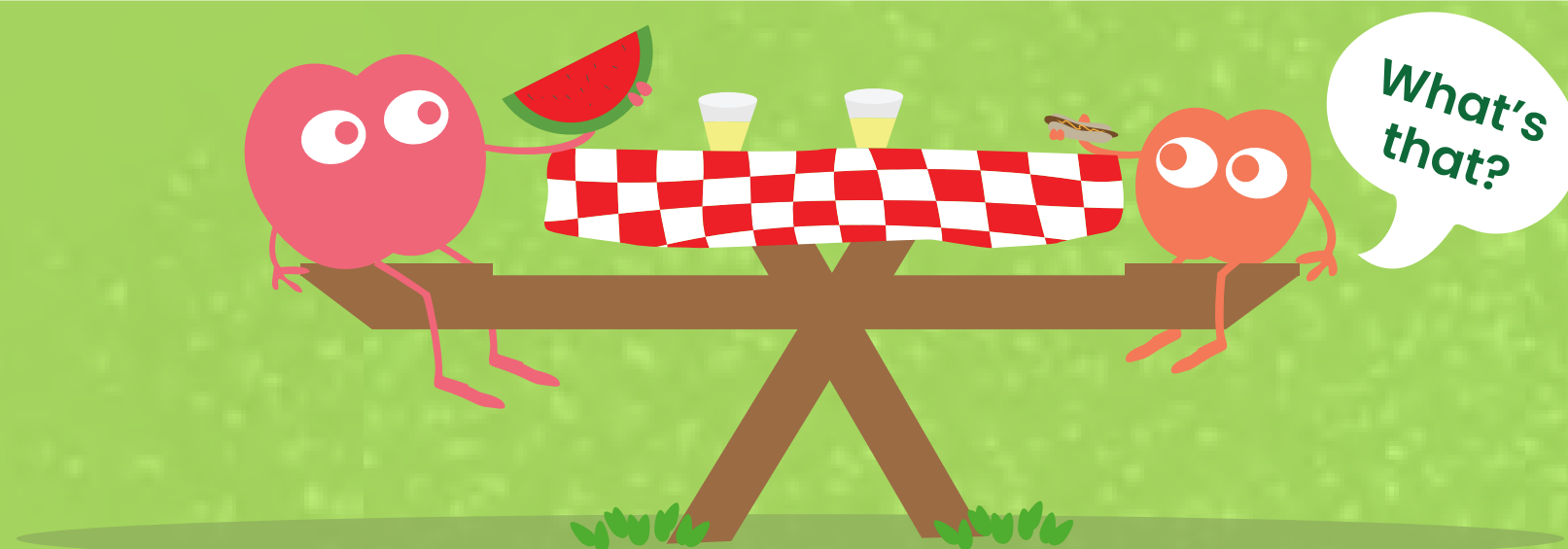
Food Exposure

Q: Is it okay to offer alternatives
so they actually eat?

Food Exposure

A: It's best not to offer an alternative if they won't eat something. Kids will use that to their advantage so they'll simply hold out for the favorite food/alternative that is coming, and this just perpetuates the cycle of picky eating. Instead, **always offer a "safe" food** on their plate so you know that there is a component of the meal they'll enjoy and that will nourish their bodies.

Eating together is another great way to help overcome picky eating, if they see you enjoying the food you want them to eat, they will be more likely to give it a try and learn through **positive role modeling**.





ASK THE EXPERTS

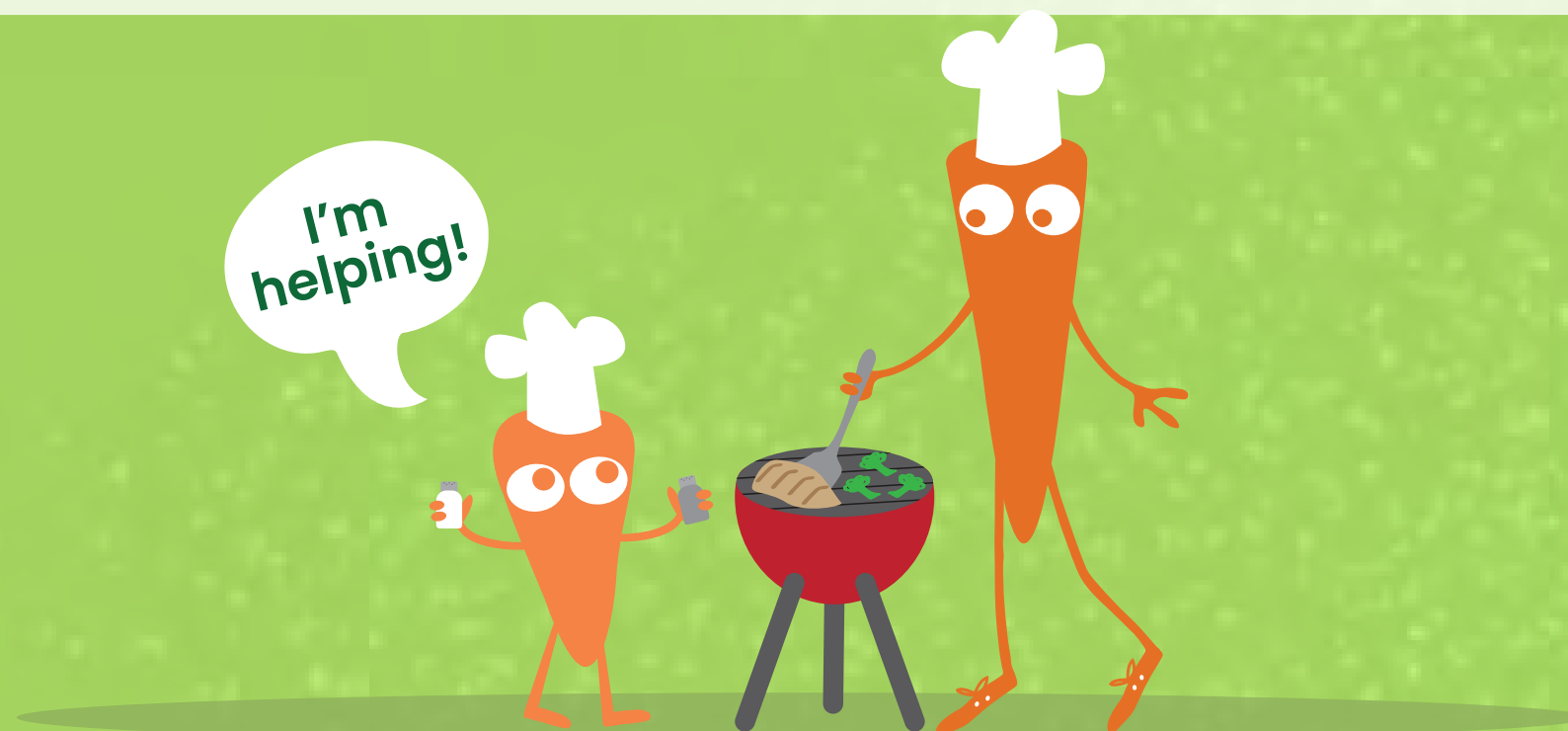
Food Exposure

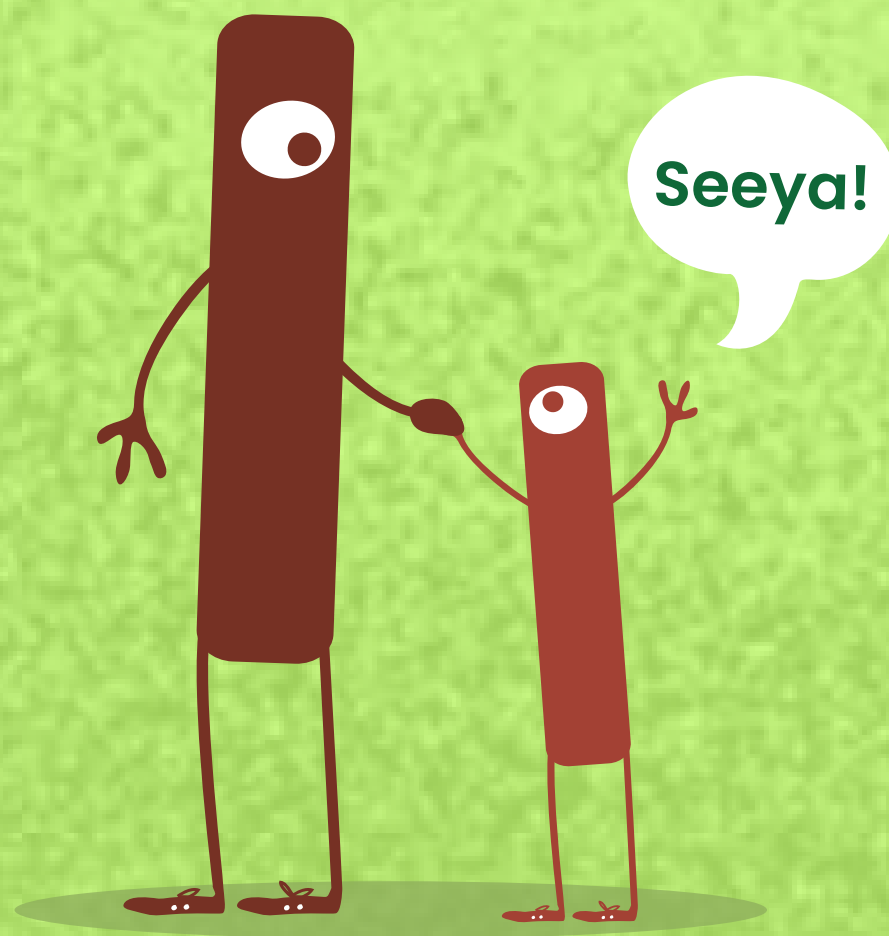
Q: Is it okay to hide nutritious food in shakes or sauces—or does that lead to **picky eaters** later in life?

Food Exposure

A: Hiding nutritious food in sauces, smoothies, etc. **does** result in your little ones consuming more veggies and therefore more nutrients.

However, it may result in mistrust and can heighten their anxiety about food if they find specks of hidden food. It also doesn't teach them healthy eating habits as they are neither exposed to those foods in their natural state nor learning to appreciate the taste and texture. Instead of hiding nutritious foods, have your little ones help you to add those things to their food and **be upfront with them.**





Thanks for Reading!

To learn more about nutrition and explore other helpful topics, please visit:
[*gogosqueez.com/healthy-living-nutritional-guidez*](http://gogosqueez.com/healthy-living-nutritional-guidez)

