

Nutrition Snippet

3 TIPS FOR FUSSY EATERS

Feeding kids can feel like a struggle at times.



Here are our top 3 tips to help your kids:

- 1. Role model.** If you eat the food, your child is more likely to follow.
- 2. Share your meals together.** Having family meals is important, make sure you include some options your child likes.
- 3. Take the pressure off.** Trust your child's appetite.

Read more tips at

healthymadetasty.com.au/blog/taking-the-pressure-off-feeding-fussy-eaters/



Cancer Council
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