

Preventing Picky Eating from First Bites:

Sharing Family Meals



Nimali Fernando, MD, MPH
The Dr. Yum Project



Outline

- About The Dr. Yum Project
- Highlight clinical strategies to support starting solids
- Resources and strategies for families related to raising veggie lovers
- Resources:
 - Book: "Raising a Healthy, Happy Eater"
 - PHA: Veggies Early and Often Campaign
 - Website tour of doctoryum.org



Diet-Related Illnesses in Children

Constipation

Acid Reflux

Urinary Tract Infections

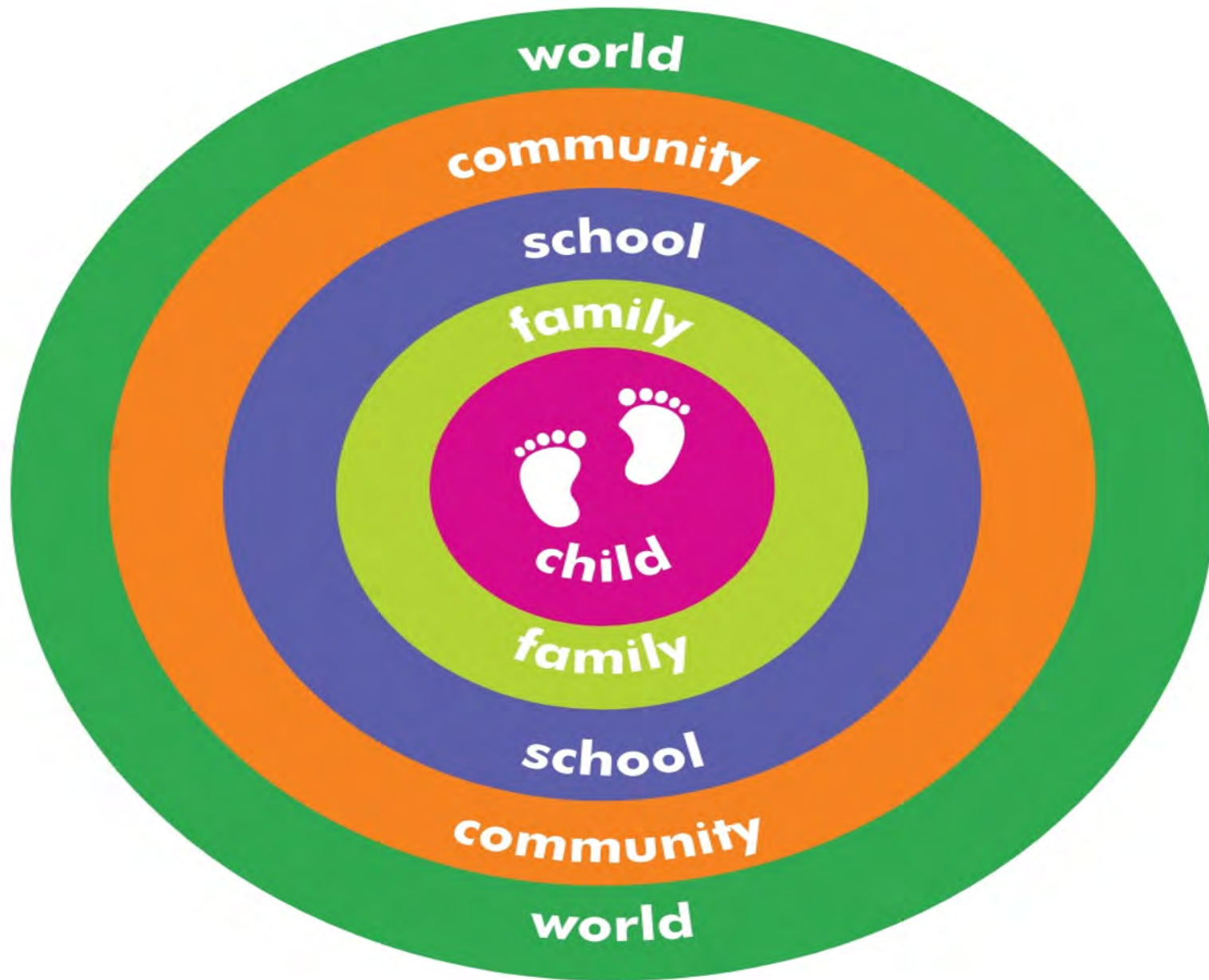
Bedwetting

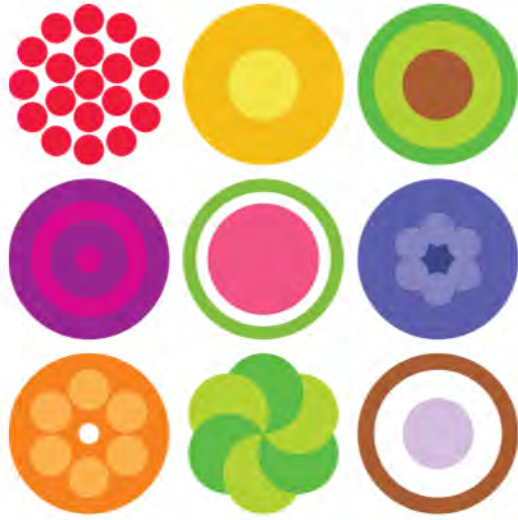
Musculoskeletal Pain

Anxiety

Poor Attention

Hyperactivity





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Our Mission

**To help families and communities
overcome barriers to eating well.**



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Our Vision:

Eating Well is a
PRESCRIPTION for:



A Healthy Family



**A Healthy
Community**



A Healthy World



Programs

- **Cooking School and Outreach**
- **Website with Recipes & Other Resources**
- **Dr. Yum Physician Partners**
- **Dr. Yum's Preschool Food Adventure**



Pediatrics

Wellness for the whole child

Dr. Nimali Fernando

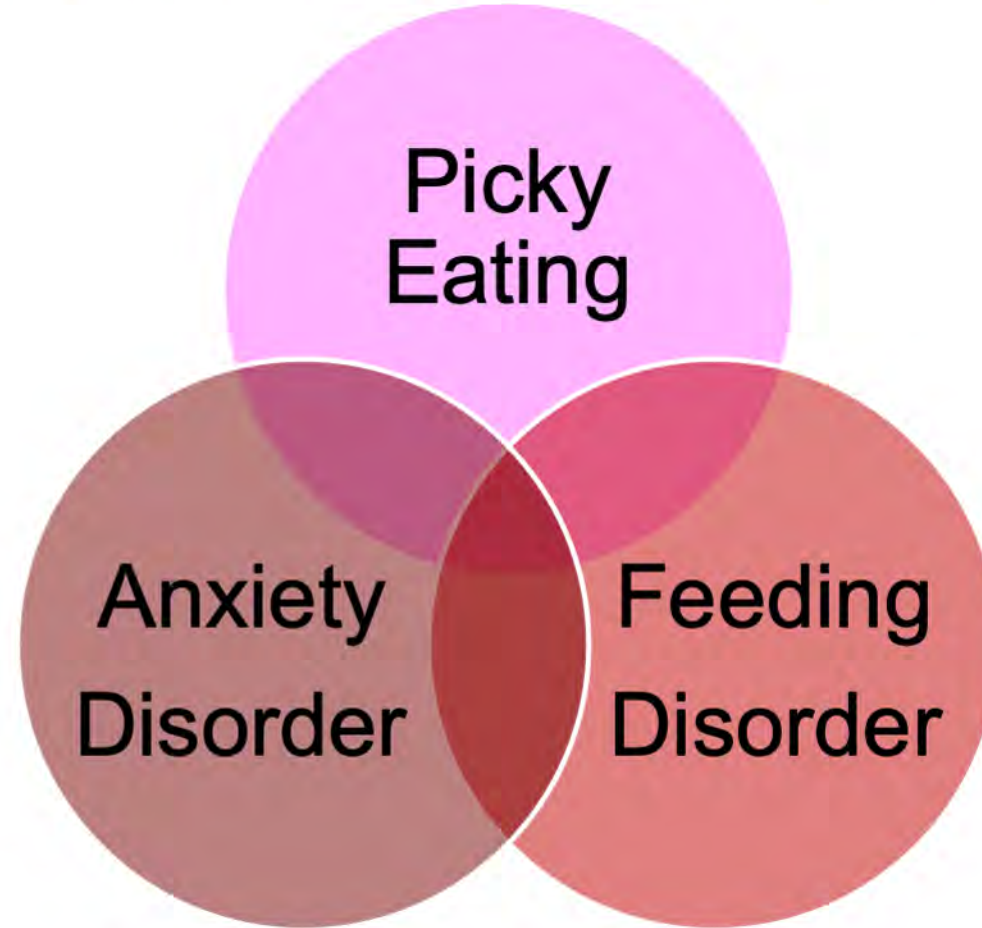


Our Garden: Veggies Early and Often!

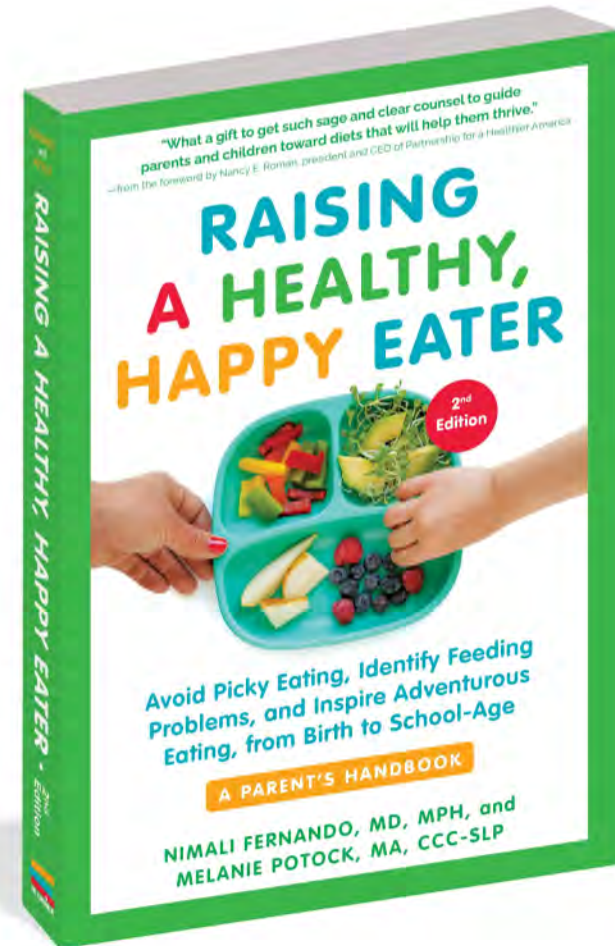


WHOLE
KIDS
FOUNDATION

Problem: Pediatric Feeding Disorders



Feeding is a Developmental Process





Barriers to Raising a Healthy, Happy Eater

Finances

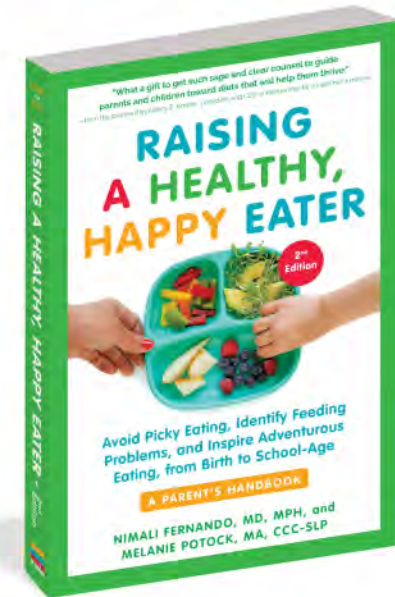
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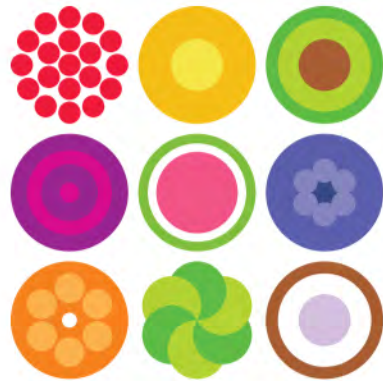
Support

Time

Experience

Resources





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www.ahealthieramerica.org



Webinar Dr. Yum's First Foods: A Baby Food Adventure

Our Baby Food Toolkit



getting started feeding and making baby food

by Nimoli Fernando, MD, MPH, founder of Dr. Yum Project

Introducing a baby to solid foods can be a very exciting experience and reacts to different foods is yet another

When your pediatrician says you are ready to start solid food you may have a lot of questions about how much food to give and what order food should be introduced. These are just a few questions about starting solid foods.

The answers to these questions are important, but the most important process of feeding and how to foster it in your baby. I recommend two resources on starting solid food. One is my book, "Raising a Healthy Happy Eater" which is an important facet of a baby's overall development, just like a book is available at many libraries and bookstores. The other book is my webinar, "Dr. Yum's First Foods: A Baby Food Adventure".



Use this book by reading ahead of your child's development, so you're ready for the next step!

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Ten ideas for finger foods for babies and toddlers

by Nimoli Fernando, MD, MPH

If you are JUST getting started with solid food and toddlers when they get tired of the baby food, it's important, they are ready to feed THEMSELVES to learn independence, develop their fine motor skills and textures. Now that your baby is eating "special food," half or more of foods make even though added sugar is not recommended. Foods like crackers, puffs, yogurt snacks, a knowing they may be too high in salt, sugary cereals, and "One Meal, One Family" which help hopefully will simplify meal planning. Visit under the 'baby food' tag.

Here are six tips for starting

1. Be creative: "Growup" foods like hummus and nutritious for babies and get them used to it.
2. Don't be afraid to add seasonings: Although lightly seasoning foods with cinnamon, pepper, These tastes will get them used to new flavors.
3. Offer a variety of foods: They may not be surprised at what they like. Try not to let your baby's taste buds get used to your baby. You may be surprised to see what they enjoy.

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Dr. Yum's Webinar, eat well, change your world



5 tips for feeding toddlers

by Nimoli Fernando, MD, MPH, founder of Dr. Yum Project



Feeding toddlers doesn't have to be stressful. So many parents of toddlers feel the frustrations of feeding their picky, unpredictable and stubborn little ones. Here are a few points to keep in mind when feeding toddlers:

1. **TODDLERS DON'T NEED MUCH FOOD** In the first year of life the growth curve is very steep, and parents get used to their children gaining a lot of weight every time they visit the doctor. After the first year, however, the growth curve flattens considerably. Toddlers don't grow as fast, so they don't NEED a lot of food. Many parents expect children at this age need more food than they do, and they get frustrated when their kids don't meet their expectations. If you lower your expectations you won't be so disappointed when they turn your nose up at the food you offer! Since they are not eating much, make every calorie count toward offering the most nutrition.
2. **TODDLERS EAT UNPREDICTABLY** Remember they don't need much food. They also don't need food all the time. I see so many kids snacking continuously at home, in the car and when they are playing. This constant eating pattern sets up a habit in which kids are over-snacking. Just make food available when you normally eat, and if they are not hungry, don't force them to eat. If they eat a big breakfast and are not hungry for lunch, that's okay. Kids need to learn their own hunger cues and how to eat when they need food, not when other people tell them to eat.
3. **DON'T GET ON THE "JUICE TRAIN!"** There is an epidemic of tooth decay and obesity in preschoolers. Largely these two problems are fueled by JUICE. Just because it's fruit, it doesn't mean it's good for you. Juice has roughly the same sugar content as a soda and not much nutrition either. Get your kids drinking WATER, which is a habit that will help keep them healthy throughout their lives. If you do offer juice, serve it ONLY with meals and keep it to less than 4-6 oz. a day. To lessen the stress of having to say no to more juice, just don't buy it or keep it in the house. Instead let juice be an occasional treat that kids are allowed to have at a birthday party, for example. Even though juice may still be a WIC approved item, it's one that should be SKIPPED!

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Feeding Talking points: 4 months

- Dispelling myths about solid foods
- When to start: *about* 6 mo.
- Variety, not volume
- Heavy Metal Contaminants
- "Meals in parallel"
- Making homemade food
- accessible



**getting started feeding
and making baby food**
by Nimmi Perumala, MD, MPH, founder of Dr. Yum Project

Introducing a baby to solid foods can be a very exciting time for parents. Seeing how a baby experiences and reacts to different foods is yet another way to get to know your baby.

When your pediatrician says you are ready to start solid foods, usually around 6 months, you may have a lot of questions about how much food to give, what kinds of food to give, and in what order food should be introduced. These are just a few of the most common types of questions about starting solid foods.

The answers to these questions are important, but the more we understand the developmental process of feeding and how to foster it, the better chance we have of raising great eaters. I recommend two resources on starting solid foods for a good introduction and overview. One is my book, "Raising a Healthy Happy Eater" which is co-authored by my friend Melanie Potock, noted pediatric feeding therapist. Together we stress that feeding is an important facet of a baby's overall development, just like learning to walk or speak. Our book is available at many libraries and bookstores. The other resource is my free baby food webinar, "Dr. Yum's First Foods: A Baby Food Adventure" available on doctoryum.org.

Use this book by reading a chapter ahead of your child's stage of development, so you are prepared for the next step!

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Inspiring your Future Foodie: 4 months

- **Oral motor skills:** Offer a variety of safe teethers in many different shapes and textures.
- **Gross motor skills:** Encourage your baby to roll with a lot of supervised “tummy time”.
- **Fine motor skills:** Encourage your baby to grab onto teethers or other safe toys.
- **Cognitive skills:** Talk to your baby face to face, pausing occasionally to watch and respond to their attempts to communicate back to you.
- **Taste training:** Make sure to put tastes of veggies on a frequent rotation once you start feeding solids regularly at 6 months.



steamed first foods

broccoli
peaches
carrots

pears
apples
cauliflower

sweet peas
zucchini
summer squash

fresh first foods

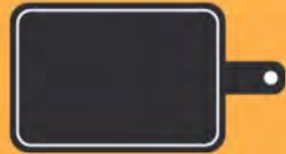
avocado
banana

roasted first foods

sweet potatoes
apples

carrots
butternut squash

Items needed to make baby food at home



baking sheet



blender



pot with steamer

Feeding Talking points: 6 months

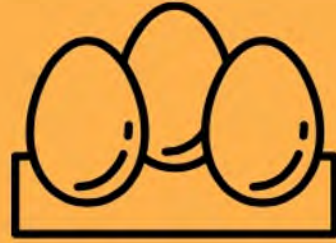
- Oral hygiene & weaning daytime pacifiers
- Advancing texture: choking vs gagging
- Pace of introduction to foods
- Important of repetition
- Choosing baby foods that allow exposure to pure vegetable flavors
- Sharing meals with family
- High allergen foods by 12 months
- Water for taste in open cup or straw cup



top 9 food allergens



milk



egg



peanut



soy



tree nut



sesame



wheat



fish



shellfish


Inspiring your Future Foodie: 6 months

- **Oral motor skills:** Provide a variety of purees that they can suck from a spoon or fingers and small, squishable pieces of finger foods.
- **Gross motor skills:** Position babies for feeding with support around back and sides and under feet
- **Fine motor skills:** Provide soft pieces of food to help them start to “rake” foods with their hands and hold larger strips in their fists.
- **Cognitive skills:** Describe the foods you are eating and show them how you also eat and enjoy food.
- **Taste training:** Offer different preparation of veggie. Boiling, blanching, steaming, roasting and adding different spices can make the many exposures it takes to like vegetables more fun and interesting




Feeding Talking Points: 9 months

- Chewing food with texture
- Limit pouches
- Encourage self-feeding
- Ideas for finger foods made at home
- Many baby and toddler snacks may have too much salt or sugar
- Straw cup training to strengthen oral motor skills (also helps to strengthen muscles important in speech)



Ten ideas for finger foods for babies and toddlers

By Nimmi Fernando, MD, MPH



If you are JUST getting started with solid foods make sure to visit our post: "Getting Started Feeding and Making your Own Baby Food." Parents often wonder what to give their babies and toddlers when they get tired of the baby "mush". Babies quickly get bored with bland, overly smooth baby food and are ready to try more texture and more tastes. More importantly, they are ready to feed THEMSELVES. Finger foods are a great way for babies to learn independence, develop their fine motor skills, and try a variety of more grown-up tastes and textures. Now that your baby eats finger foods, they don't need their own "special food." Half or more of foods marketed to babies and toddlers have added sugar, even though added sugar is not recommended until after age 2. Many parents offer finger foods like crackers, puffs, yogurt snacks, and fruit-flavored snacks because without knowing they may be too high in salt, sugar, and fat. Instead, we like to teach families the idea of "One Meal, One Family" which helps babies eat the healthy food that YOU eat and hopefully will simplify meal planning. Visit doctoryum.org and see the family recipes listed under the "baby food" tag.

Here are six tips for starting finger foods:

1. Be creative: "Grownup" foods like hummus and tofu can be really nutritious for babies and get them used to a variety of tastes and textures.
2. Don't be afraid to add seasonings: Although salt and extra sugar is not necessary, try lightly seasoning foods with cinnamon, pepper, curry, garlic powder, fresh or dried herbs. These tastes will get them used to new flavors and lay the foundation for an adventurous eater.
3. Offer a variety of foods: They may not eat everything you offer, but you might be surprised at what they like. Try not to let your own preferences prevent you from offering foods to your baby. You may be surprised when your baby likes foods that you may not enjoy.

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Inspiring your Future Foodie: 9 months

- **Oral motor skills:** Can train baby on a straw cup to strengthen muscles of feeding and speech.
- **Gross motor skills:** Strengthening leg, arm and core muscles with floor play time will help them to feel stable as they sit in a feeding chair and feed.
- **Fine motor skills:** Pieces of soft food in an ice-cube tray can help guide this pincer grasp.
- **Cognitive skills:** Teaching your baby a few signs can reduce frustrations that babies can have around mealtime until their expressive language begins to catch up.
- **Taste training:** Continue to offer parallel meals to the family meals, so your baby can get used to the ways that you season foods and to help reduce the need to prepare multiple meals.



50 percent of parents of two-year-olds report picky eating behaviors:

- **Inadequate dietary variety**
- **Eating the same foods repeatedly**
- **Unwillingness to try new or familiar foods**

Feeding Talking Points: Toddlers

- Toddler “pickiness” reflects decrease in growth rate
- Drinking from a cup, weaning bottles
- Water and milk only, limit juice
- Division of Responsibility

5 tips for feeding toddlers
by Russell Eckhardt, MD, MPH, founder of Dr. Yum Project

Feeding toddlers doesn't have to be stressful. So many parents of toddlers feel the frustrations of feeding their picky, unpredictable and stubborn little ones. Here are a few points to keep in mind when feeding toddlers:

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DIVISION OF RESPONSIBILITY

from Ellyn Satter



PARENT DECIDES

What to eat
When to eat
Where to eat

CHILD DECIDES

Whether to eat
How much to eat



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Set a Feeding Schedule

MORNING FEEDING

"Growing time" 2-2.5 hours

MORNING SNACK

"Growing time" 2-2.5 hours

LUNCHTIME FEEDING

"Growing time" 2-2.5 hours

AFTERNOON SNACK

"Growing time" 2-2.5 hours

DINNER FEEDING

Some Signs of a Feeding Disorder



INFANTS

- Excessive gagging
- Inability to advance to advance past purees
- Not initiating self-feeding
- Failure to thrive

TODDLERS

- Very limited food choices
- Acting out at mealtime
- Failure to thrive

CHILDREN

- Avoidance of food
- Limited, specific food choices
- Inability to engage in activities with foods
- Overweight or underweight
- Stressful mealtimes!

Get a good history

Nutrition Intake

Pt. Name _____
Date _____

Please take a moment to fill out this form so that we can get to know your family's habits better:

How many servings of fruits and vegetables does your child eat per day? _____

How many days a week does your child skip breakfast? _____

How many days a week does your child get school lunch? _____

How many nights a week does your family eat dinner together? _____

How many snacks does your child eat per day? _____

How many ounces of fruit juice does your child drink per day? _____

How many ounces of milk does your child drink per day? _____ What type? _____

How many times a day does your child drink other sweet drinks (sports drinks, soda, Kool Aid, energy drinks, lemonade, sweet tea, flavored milk)? _____

Does your child have any dietary restrictions/allergies/sensitivities? Yes No
If yes, please describe:

Please list a few foods your child likes (healthy or unhealthy):

Please list a few foods your child DOES NOT LIKE (healthy or unhealthy):

How many hours of screen time per day? _____ Is there a TV in the bedroom? _____

How many minutes of physical activity does your child get per day? _____

How many hours of sleep does your child get per day? _____

How willing is your child to try unfamiliar foods (circle one)

very willing somewhat willing not very willing unwilling/anxious

Please circle any of the problems below that your child may be experiencing:

Back pain Anxiety Hyperactivity
Foot/leg pain Depression Heartburn or abdominal pain
Joint pain Constipation Diarrhea



To learn more, visit
DoctorYum.org



Food Journal

Pt. Name _____

Write down what your child eats for meals in snacks with as much detail as possible. Don't forget to use your phone to take pictures of all possible meals. Record any physical activity on the last row. Email the journal and photos to your pediatrician before your follow up visit.



	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Activity					



To learn more, visit
DoctorYum.org



Family approach to Vegetable Intake

- Percentage of US children who eat the recommended servings of veggies per day=10%
- Percentage of adults who eat the recommended servings of veggies per day=9.4%



Sharing meals is important



2- to 5-year-old children's liking for vegetables and their vegetable consumption was predicted by eating approximately the same food as their parents.

Caldwell AR, Terhorst L, Skidmore ER, et al., *J Hum Nutr Diet.* 2018;31(4):505-12.



Introduction to family foods



A small study found that repeated exposure to commercial baby food (peas) did not generalize to homemade versions of the same food.

Birch LL, Gunder L, Grimm-Thomas K, et al. *Appetite*. 1998;30(3):283-95.



Modeling is important



When mothers model healthy eating at 1 year there was a higher child frequency of vegetable consumption at 2 years

Gregory JE, Paxton SJ, Brozovic AM *Appetite*. 2011;57(1):167-72.



Cooking with Kids



dr.yum's

Preschool Food Adventure



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dr. yum's
preschool Food
Adventure
Parent Manual
6th edition

BROC AND CARA'S
GUT BOOK
BOOK 2

BROC AND
CARA'S
PICNIC PARTY

ADVENTURES
in
VEGGIELAND
Help Your Kids Learn to
Love Vegetables
with 100 Easy Activities and Recipes
MELANIE POTOCK, MA, CCC-SLP

dr. yum's
Preschool Food
Adventure
Teacher Manual

We're on Dr. Yum's
preschool Food
Adventure

RAISING A
HEALTHY,
HAPPY EATER
A Stage-by-Stage Guide to Setting Your
Child on the Path to Adventurous Eating

A PARENT'S HANDBOOK
Identify Feeding Problems
Avoid Picky Eating • Expand Your Child's Diet
NIMALI FERNANDO, MD, MPH, and MELANIE POTOCK, MA, CCC-SLP

dr. yum's
Preschool Food
Adventure
Year One

dr. yum's
Preschool Food
Adventure
Year Two

By Nimali Fernando, MD, MPH
and Melanie Potock, MA, CCC-SLP

Food Explorers! Give your Yum Score!

Super Yuck Yuck Yum Super Yum

Keep trying that new food for a Super Yum

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doctoryum.org

Jana Hernandez
Language Therapist
DIVERSIDAD CARD

KUHN RIKON
KINDERKITCHEN

Our Team of Experts



Dr. Yum
Pediatrician



Coach Mel
Feeding Specialist



Dietitian Sarah
Registered Dietitian



Mrs. Cannon
Early Childhood Educator



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Munchbug

The questions we asked...before and after

- ✓ 1. My student loves food.
- ✓ 2. My student is interested in food.
- ✓ 3. My student refuses to eat food at first.
- ✓ 4. My student enjoys tasting new foods.
- ✓ 5. My student enjoys a wide variety of foods.
- ✓ 6. My student looks forward to mealtimes.
- ✓ 7. My student enjoys eating.
- ✓ 8. My student enjoys tasting new foods that he/she hasn't eaten before.
- ✓ 9. My student decides that she/he doesn't like a food, even without tasting it.

- Fussiness and Enjoyment of Food Subscales of the Child Eating Behavior Questionnaire



ELOF and Cooking with Kids

- **Approaches to Learning**
- **Social and Emotional Development**
- **Language and Literacy**
- **Cognition**
- **Perceptual, Motor and Physical Development**



85% ELOF Fulfillment with ONE Curriculum

Dr. Yum Preschool Food Adventure Monthly Lessons & Suggested Extension Activities

Head Start Early Learning Outcomes Framework (ELOF)

	Grape	Pepper	Kale	Avocado	Carrot	Beets	Spinach	Cauliflower	Pineapple	Berry	Tomato	Kiwi	Apple	Pumpkin	Orange	Pomegranate	Pear	Bananas	Sugar Snap Peas	Mangos	Strawberries	Broccoli	Cucumber	Watermelon	
Goal P-ATL 1 Child manages emotions with increasing independence																									
Goal P-ATL 2 Child follows classroom rules and routines with increasing independence																									
P-ATL 3 Child appropriately handles and takes care of classroom materials																									
Goal P-ATL 4 Child manages actions, words, and behavior with increasing independence																									
Goal P-ATL 5 Child demonstrates an increasing ability to control impulses																									
Goal P-ATL 6 Child maintains focus and sustains attention with minimal adult support																									
Goal P-ATL 7 Child persists in tasks																									
Goal P-ATL 8 Child holds information in mind and manipulates it to perform tasks																									
Goal P-ATL 9 Child demonstrates flexibility in thinking and behavior																									
Goal P-ATL 10 Child demonstrates initiative and independence																									
Goal P-ATL 11 Child shows interest in and curiosity about the world around them																									



Cooking and Development



- Washing
- Drying
- Spinning
- Stirring
- Tearing
- Peeling
- Zesting
- Measuring
- Pouring
- Counting
- Setting a table
- Serving
- Cleaning up
- Cutting
- Turning on appliances





Baby Food Options

MENU

MY STUFF STAY IN TOUCH DONATE



SAVE

Summer Watermelon Gazpacho

GO



SAVE

Red Lentil Hummus

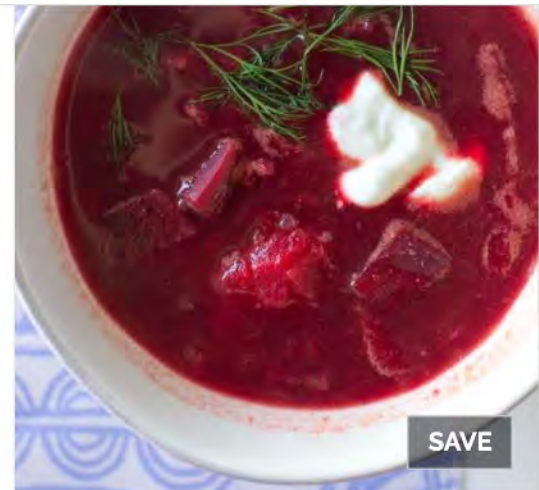
GO



SAVE

Creamy Cauliflower Potato Leek Soup

GO



SAVE

Borscht

GO





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MENU 

MY STUFF

STAY IN TOUCH

DONATE

recipes for 'wic food package'



SAVE

Crustless Quiche



SAVE

Spaghetti Frittata



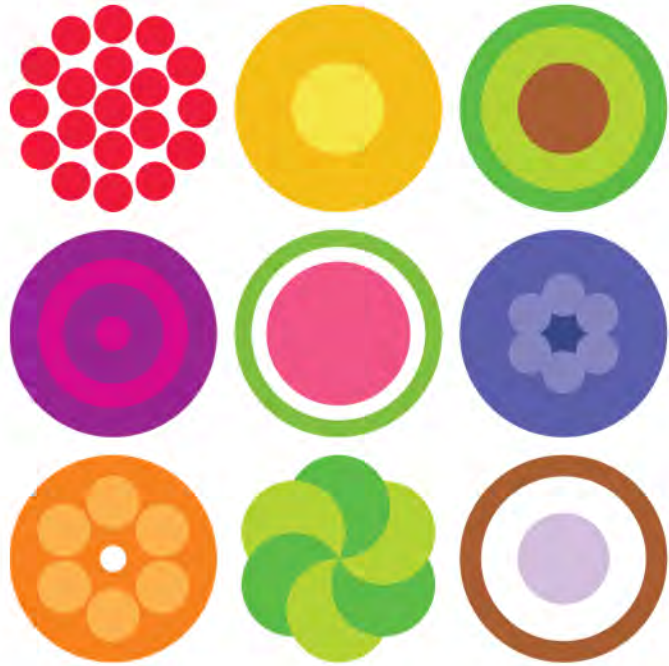
SAVE

Cheesy Green Eggs



SAVE

Roasted Broccoli with Lemon and



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youtube.com/DoctorYum