

Tips for Parents with Picky Eaters

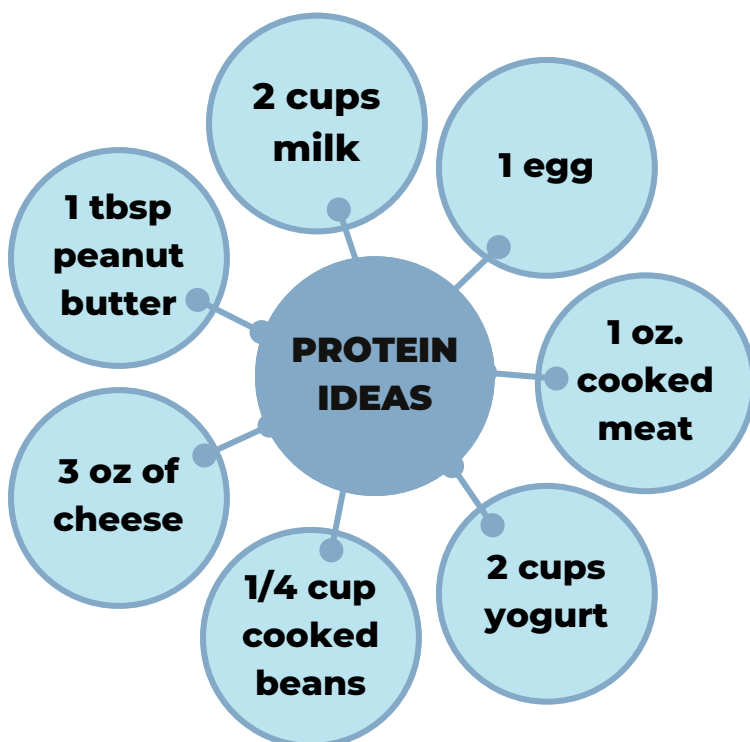
Picky or selected eating is very common in children. When your child is a picky eater, it is important to introduce protein-rich foods into their diet as much as possible to make sure they are meeting their daily protein needs for optimal growth. Did you know dairy products are a great high protein option for picky eaters?

Try This!

- Have your child help you with grocery shopping. Have them take an active part in choosing foods.
- Have everyone in the household eat the same things.
- Remember that it takes about 8-10 tries before your child begins to accept new food items. Keep trying!

Recommended Protein by Age

12-24 months	2 ounces/day
2-8 years old	2-4 ounces/day
9-13 years old	4-6.5 ounces/day
14-18 years old	5-7 ounces/day



Dairy products contain 13 essential nutrients for children's growth!



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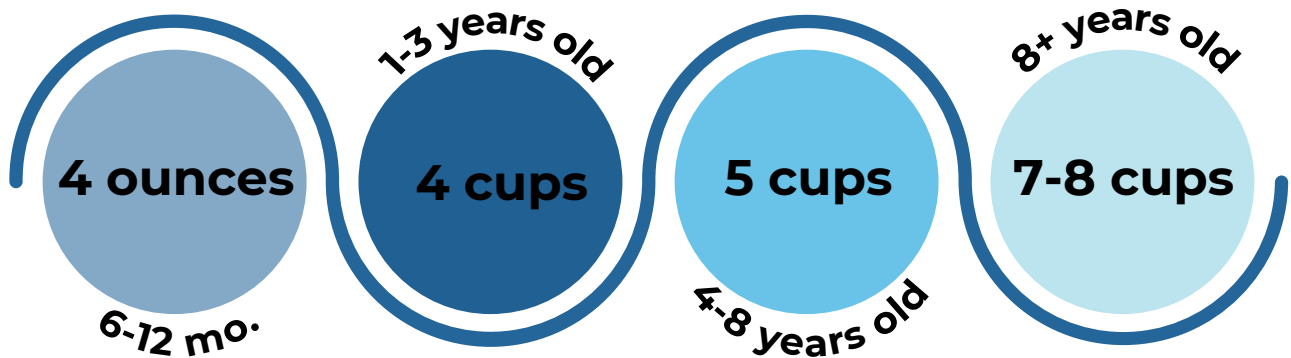
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How to Keep Kids Hydrated

Did you know? The best beverages to hydrate children 12 months and older is water and cow's milk! Learn more about hydration below!



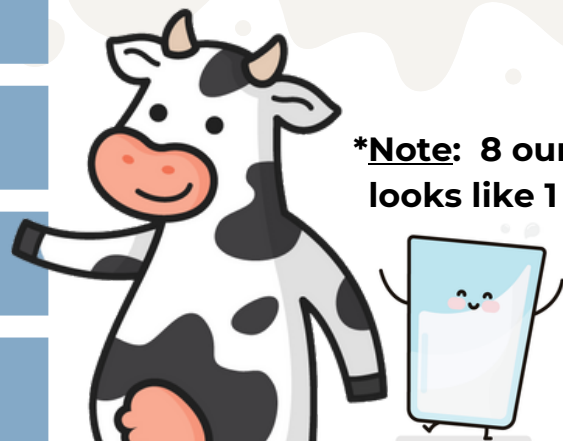
How much water does your child need a day?



Recommended Cow's Milk by Age

6-12 mo.	4 ounces/day
12-24 mo.	24 ounces/day
2-3 y/o	16 ounces/day
4-8 y/o	20 ounces/day
9+ y/o	24 ounces/day

Not only does cow's milk hydrate kids, it contains 13 essential nutrients for growth!



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40 Healthy Snack Ideas

Snacks are a great way to introduce more nutrient-dense foods into your child's diet. Below are a few examples of some healthy and nutritious snacks perfect for kids!

DAIRY

- Milk
- Yogurt sticks
- Cheese bites
- String Cheese
- Kefir (drinkable yogurt)

FRUITS

- Bananas, apples, grapes, oranges
- Pitted cherries, grapes, plums
- Chopped strawberries, blueberries
- Dried fruits like apricots, apples, dates, raisins, cranberries

VEGGIES

- Carrot/Celery sticks
- Raw or cooked cauliflower/broccoli
- Bell pepper strips
- Chopped cherry tomatoes
- Sliced cucumber
- Avocado slices

GRAINS

- Whole wheat bread
- Whole grain crackers
- Brown rice cakes
- Whole grain dry cereals
- Puffed popcorn bites

MEATS

- Peanut butter or other nut butters
- Canned fish like tuna or salmon
- Beans like Edamame, chickpea hummus spread
- Hardboiled eggs



Dairy contains important nutrients that help kids grow and develop into healthy adults!

Dairy products are versatile and affordable!

Cow's milk contains more naturally occurring nutrients than most other beverage options!

DID YOU KNOW?



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