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**

<table>
<thead>
<tr>
<th>Age</th>
<th>Protein Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-24 months</td>
<td>2 ounces/day</td>
</tr>
<tr>
<td>2-8 years old</td>
<td>2-4 ounces/day</td>
</tr>
<tr>
<td>9-13 years old</td>
<td>4-6.5 ounces/day</td>
</tr>
<tr>
<td>14-18 years old</td>
<td>5-7 ounces/day</td>
</tr>
</tbody>
</table>

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

### Protein Ideas

- 2 cups milk
- 1 egg
- 1 oz cooked meat
- 2 cups yogurt
- 1/4 cup cooked beans
- 1 tbsp peanut butter
- 3 oz of cheese

This information was brought to you by DAIY COUNCIL OF NEVADA Nevada Chapter OF THE AMERICAN ACADEMY OF PEDIATRICS
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?

- **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

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!

*Note: 8 ounces looks like 1 cup

This information was brought to you by DAVY COUNCIL OF NEVADA Nevada Chapter OF THE AMERICAN ACADEMY OF PEDIATRICS
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!

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

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

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

**VEGGIES**
- Carrot/Celery sticks
- Raw of 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

**DID YOU KNOW?**
- 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!

This information was brought to you by:

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