

References :

1. Tseng AG, Biagioli FE. Counseling on early childhood concerns: sleep issues, thumb sucking, picky eating, and school readiness. *Am Fam Physician* 2009;80:139-142.
2. Centers for Disease Control and Prevention. Tips for parents – ideas to help children maintain a healthy weight. Available at: www.cdc.gov/healthy-weight/children/. Accessed 7 December 2011.
3. American Academy of Child & Adolescent Psychiatry. Obesity in children and teens. Available at: http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Obesity_In_Children_And_Teens_79.aspx. Accessed 25 March 2015.
4. Jacobi C, Agras WS, Bryson S, Hammer LD. Behavioral validation, precursors, and concomitants of picky eating in childhood. *J Am Acad Child Adolesc Psychiatry* 2003;42:76-84.
5. Carruth BR, Skinner J, Houck K, Moran J III, Coletta F, Ott D. The phenomenon of “picky eater”: A behavioral marker in eating patterns of toddlers. *J Am Coll Nutr* 1998;17:180-186.
6. American Dietetic Association. Coping with picky eating phases. Available at: <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/coping-with-picky-eating-phases>. Accessed 25 March 2015.
7. Mayo Foundation for Medical Education and Research. Children’s nutrition: 10 tips for picky eaters. Available at: www.mayoclinic.com/health/childrens-health/H001107. Accessed 14 November 2011.
8. United States Department of Agriculture. Common types of picky eaters. Available at: <http://www.choosemyplate.gov/preschoolers/picky-eaters/types.html>. Accessed 25 March 2015.
9. United States Department of Agriculture. Dietary guidelines 2010 selected messages for consumer. Available at: www.choosemyplate.gov/. Accessed 5 September 2011.
10. The Chinese University of Hong Kong. Press release – Dietary habits of kindergarten students probed 45% parents found picky-eating commonplace. Released on 21 February 2011.
11. Green JR, Moore CA, Ruark JL, Rodda PR, Morvée WT, VanWitzenburg MJ. Development of chewing in children from 12 to 48 months: longitudinal study of EMG patterns. *J Neurophysiol* 1997;77:2704-2716.
12. Family Health Service. Department of Health, Hong Kong. Available at: www.fhs.gov.hk/english/health_info/class_topic/ct_child_health/ch_nutrition_n3.html. Accessed 14 November 2011.
13. Mennella JA, Pepino MY, Reed DR. Genetic and environmental determinants of bitter perception and sweet preferences. *Pediatrics* 2005;115:e216-e322.
14. Joint Food and Agriculture Organization (FAO) / World Health Organization (WHO) Expert Consultation on Human Vitamin and Mineral Requirements. Vitamin and Mineral Requirements in Human Nutrition. 2nd ed. Geneva: WHO and FAO of the United Nations; 2004.
15. US. National Library of Medicine, NIH; MedlinePlus. Vitamin A. Available at: www.nlm.nih.gov/medlineplus/ency/article/002400.htm. Accessed 11 November 2011.
16. US. National Library of Medicine, NIH; MedlinePlus. Vitamin C. Available at: www.nlm.nih.gov/medlineplus/ency/article/002404.htm. Accessed 11 November 2011.
17. United States Department of Agriculture. How to cope with picky eaters. Available at: <http://www.choosemyplate.gov/preschoolers/picky-eaters/cope-with.html>. Accessed 25 March 2015.
18. HelpGuide. Nutrition for children and teens – Helping your kids develop healthy eating habits. Available at: http://helpguide.org/life/healthy_eating_children_teens.htm. Accessed 5 September 2011.
19. NHS Choices. Vitamins and minerals – Vitamin D. Available at: www.nhs.uk/conditions/vitamins-minerals/Pages/Vitamin-D.aspx. Accessed 2 November 2011.
20. US. National Library of Medicine, NIH; MedlinePlus. Vitamin E. Available at: www.nlm.nih.gov/medlineplus/vitamine.html. Accessed 2 November 2011.
21. NICHD Information Resource Center. Children’s bone health and calcium: Overview. Available at: <http://www.nichd.nih.gov/health/topics/bonehealth/Pages/default.aspx>. Accessed 25 March 2015.
22. NHS Choices. Vitamins and minerals – Calcium. Available at: www.nhs.uk/conditions/vitamins-minerals/pages/calcium.aspx. Accessed 2 November 2011.
23. BetterHealthChannel. Calcium. Available at: [www.betterhealth.vic.gov.au/bhcv2/bhcv2/bhcv2/pdf.nsf/ByPDF/Calcium/\\$File/Calcium.pdf](http://www.betterhealth.vic.gov.au/bhcv2/bhcv2/bhcv2/pdf.nsf/ByPDF/Calcium/$File/Calcium.pdf). Accessed 7 December 2011.
24. NIH office of Dietary Supplements. Dietary supplement fact sheet: zinc. Available at: <http://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>. Accessed 2 November 2011.
25. Centers for Disease Control and Prevention. Iron and iron deficiency. Available at: www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html. Accessed 2 November 2011.
26. US. National Library of Medicine, NIH; MedlinePlus. Iron deficiency anemia – children. Available at: www.nlm.nih.gov/medlineplus/ency/article/007134.htm. Accessed 23 November 2011.

Establishing Balanced Eating Habits Early On in Life



This booklet is for reference purposes only and should not replace any professional advice of doctors.
If you have any concerns with your child’s growth, please consult your doctor.

Is Healthy Eating Important to the Growth of Children?






Healthy eating habits can provide an abundance of nutrients to children, which helps to give them a solid foundation for their health. As they grow up, they may become selective of their food to exercise their autonomy. As such, children may develop picky eating habits or become picky eaters at a young age,¹ which may ultimately affect their health.

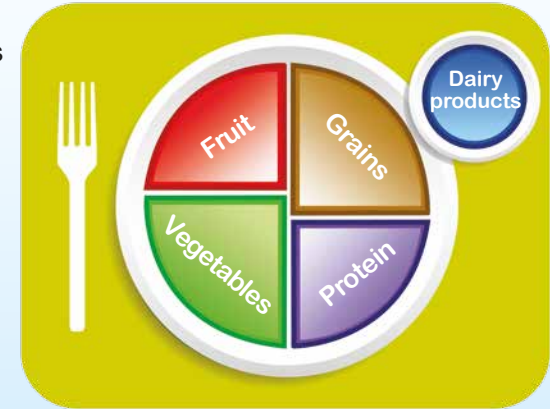


Unhealthy eating habits may impact a child's growth and development. Aside from nutritional imbalances (excessive nutrients or malnutrition), there is also an increased risk of obesity, cardiovascular diseases and diabetes development.^{2,3}

★ Advice from the U.S. Department of Agriculture

Parents should prepare a balanced and diversified diet with different types of food for their children, including:

-  **Fruit**
-  **Vegetables**
-  **Grains**
-  **Protein**
-  **Dairy products**



It is advised to increase the proportion of vegetables and fruit intake in the diet, and to avoid overall excessive eating.⁹

Recognize these behaviours⁴⁻⁸:

If your children display the following behaviours, they may have unhealthy eating habits:

- Showing selective preferences or only eating some particular foods
- Eating only small portions/a small variety of food
- Eating slowly or showing a disinterest in food
- Reluctance to eat, or only playing with food or utensils
- Unable to focus on eating (eg, distracted by television or toys)
- Irregular eating schedules



Do you know?

Approximately **45%** of children aged 2 to 7 years are perceived as having picky eating behaviours by their parents.¹⁰

