



5 Meal Tricks To Deal With Picky Eaters

Nothing's more frustrating to moms than when their children don't finish their food. Imagine preparing dinner, only to have the children play with their food, generally disinterested in what you have prepared. It's definitely frustrating.

Being a picky eater is a phase that can last anywhere from a few months to a few years. In the meantime, here are some useful tips and tricks to encourage your little foodie to eat his dinner!

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1. Keep a regular dinner schedule.

Yes, this might be a tough one, but do try to keep dinner at a consistent time. Children need to eat every three to four hours: three meals, two snacks, and lots of fluids. Skipping a meal makes them cranky and less open to trying new dishes or even eating something they really love.

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2. Kids can cook too.

Planning meals that your kids can help prepare is a great way to encourage your kids to eat. If they become part of the process, then they'll be more inclined to taste what they made. Keep them away from chopping or anything warm, but be sure to expose them to new flavors. Teach them to combine different basic tastes and help them grow their palate.

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3. Allow a bit of junk food.

Surprised? Everyone has probably told you to take away candy, soda, chips, and fast food because they are unhealthy. But reality is, banning certain food just makes your kid crave them more. Balancing out when they can and cannot have these helps make the food less appealing and your kid will look for them less.

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4. Sprinkle a bit of sugar.

A spoonful of sugar doesn't only help the medicine go down – real food, too! Your kid won't eat his carrots? Sprinkle it with a little bit of sugar. Refuses to eat his apple or pear? A dash of brown sugar should do the trick. They will eventually outgrow this need for extra sweetness but in the meantime, it's a great way to get them to eat their fruits and vegetables.

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5. Juice it up.

Pairing meals up with a juice they really like also helps in finishing their dinner. Have your kid choose from [Del Monte Juice Drinks](#).

Your kids will have an exciting variety of flavours, such as [Pine-Orange](#), [Four Seasons](#), [Mango](#), and more! Each is made with real fruit juice that they will absolutely love! Not only will they enjoy the delicious blend of fresh fruits, they will also get their daily allowance of Vitamin C.

There you have it, delicious solutions that make meals fun for your fussy eaters! Do you have your own tried and tested tips to share?

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