



The Food Our Children Eat: How to Get Children to Like Good Food

By Joanna Blythman

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The food a child eats in their early years can influence their dietary habits later in life, so it's important to instil good habits and a healthy relationship with food from an early age. Once your child is eating solid foods, you're likely to find that some of the meals you so lovingly cooked for them are rejected. Don't worry, this is perfectly normal, but it is wise to try to get into a good routine as soon as possible.

How to get carbohydrates into your child's diet. Some children manage wholegrain versions of bread and pasta better than others, so it's just a matter of seeing how your child responds. Nuts and seeds are good sources of fibre, minerals and important healthy fats. Children should only eat these foods once in a while, for example, on special occasions. A majority of British children mainly eat processed and junk food. Award-winning food writer Joanna Blythman takes a controversial look at this curious phenomenon and offers parents practical tips on how to improve their children's diet. Written in a highly accessible way, *The Food Our Children Eat* offers practical tips for parents who are concerned about what their childre. A majority of British children mainly eat processed and junk food. Award-winning food writer Joanna Blythman takes a controversial look at this curious phenomenon and offers parents practical tips on how to improve their c... I think the advice is good but I think you have to find what works for your own child.

flag Like · see review. Brittany Farrell rated it liked it Jan 04, 2017. How to Get Kids to Eat Healthy Food. January 15, 2018 (Updated: March 29, 2020) by Katie Wells Medically reviewed by Dr. Madiha Saeed, MD. Reading Time: 16 min This post contains affiliate links. What to feed children is a somewhat controversial topic and a point of frustration for a lot of parents. This is one of the areas I used to get the most questions when I did nutritional consulting, and a hotly debated issue among moms. Over the years my husband and I have developed our own food guidelines that we follow at our house, and it's definitely helped. I'll share what's worked (and what hasn't) in hopes it helps with any picky eaters at your house! My feelings run high on this topic, so grab a cup of (organic, herbal) tea, this is going to be a long one!