

# DID YOU KNOW?

**nuton**

Nutrition Education  
In Manitoba

**If you have eating battles at the dinner table, you're not alone!**

**When it comes to feeding your child:**

**YOU decide:**

**WHAT foods they will eat:**

- Offer healthy foods from all four food groups.

**WHERE they will eat:**

- Serve meals in a sit-down eating area and eat with your child.

**WHEN they will eat:**

- Offer meals and snacks every two to three hours.

**Your CHILD decides:**

**IF and HOW MUCH they will eat**

Don't worry! Your child may eat none of one thing but a lot of another, or very little at one meal, but a lot at the next. As tastes change, what your child refuses one month, she may love the next.

Keep offering a variety of healthy choices, and as long as your child has energy and is not hungry, she is probably eating well.

