



Help! He refuses to eat his veggies!

Among many clients helped by Watsons in-store dieticians are anxious mothers with children who are picky about eating. Here is the advice the dieticians give:

- 1. Realise that your child's eating habits largely depend on yours.** Setting the right example, both in terms of what you do and do not eat, plus what you feed your child and when, can go a long way to undoing a child's picky habits and curbing new ones.
- 2. Do not force children to eat.** Encourage them to try and eat the food they push away but do not make them or they may start looking upon such food as punishment.
- 3. Make food interesting.** This can go a long way to convincing children to try new food or to eat food they think they do not like. For example, cut broccoli florets into tiny "trees" and create a "forest" on your child's plate. Or, if it is the texture of a new food that your child is sceptical about, try modifying it by pureeing it into a soup.
- 4. Do not give food as a gift or a reward.** This encourages children to become even pickier! They get the idea that certain behaviour, such as tidying up toys or finishing homework, will always lead to a piece of chocolate. Children may even begin to see food as a sign that they have pleased their parents, which can also make them feel they have not pleased them when parents do not hand out the expected food.

Snacking while busy

Think you are too busy to "snack smart" while you are at work? Think again. Here are a few quick, easy and – most importantly – healthy options that can make your afternoon pick-me-up work in favour of your waistline:

- **Low fat yogurt** – A serving of chilled fruit yogurt is a refreshing and calcium-rich option for an afternoon tea break.
- **Fresh fruit** – Enjoy an apple or banana or small cup of berries! Fresh fruit is packed with vitamins, minerals and dietary fibre, making them low calorie, yet satisfyingly, filling.
- **Nuts and dried fruits** – This all-natural, yummy combination provides you with essential fatty acids, dietary fibre and the goodness of fruit. Toss in small piece of dark chocolate and you have a snack that will satisfy both your sweet tooth and your desire to stay fit.
- **Herbal tea** – Replace your full-cream coffee, tea or sugary soda with a cup of soothing herbal tea. Herbal teas are ultra low-calorie, yet chock-full of antioxidants, which are good for both your heart and skin. 

