The simplest way

to get your whole family eating healthily.

Most families have a fussy eater in their midst: a child who won’t touch anything except fast food and processed snacks. It’s important for everyone to eat five serves of veggies, and two serves of fruit – every day.

If you have a fussy eater, we recommend:

- **Have patience** – react calmly if your child refuses a food
- **Avoid pressure and keep trying** – kids refuse foods an average of eight times before they will try it – keep offering healthy foods and let them accept and learn to love them in their own time!
- **Involve your kids** – in cooking, shopping growing and choosing foods
- **Be a good role model** – eat together as a family and show your kids that you are eating and enjoying healthy foods.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.