

## **Improve Your Child's Eating Habits (*Interview Transcripts*)**

**Dr. Safiat Amuwo, Internal Medicine Pediatric Physician, OSF HealthCare**

“A lot of times, children learn from their parents. So if the parents are picky eaters, or don't eat a lot of fruits or vegetables, they mimic what they see their parents do. If you are eating fried foods or foods with high sugar, the child wants to eat that, too. It is always good to make sure that whatever you are giving the child, you also eat it.” (:32)

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“Cutting up fruits is much more appetizing than giving a child a whole fruit. Say, for instance, if you ask a child to eat an apple, they are less likely to eat it. But if you cut the apple up, they are more likely to eat it.” (:17)

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“If they don't like certain vegetables like spinach or greens, you can always mix those up with other vegetables in a blender and sort of incorporate that in your pasta. So if you're making pasta and the sauce is red, you can add some spinach – a lot of times spinach doesn't have a taste. Spinach can almost go with anything.” (:26)

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“We do ask parents to provide a certain amount of milk because that gives us calcium and vitamin D. However, there are other places you can get calcium and vitamin D. You can do almond milk if it has those nutrients in it. You can have yogurt or cheese. So even if your child doesn't want milk, you can still incorporate those other foods that do have calcium and vitamin D.” (:25)

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“If we can have those snacks and meal times at a table and with the TV off, it can help with children wanting to eat their food and not be distracted.” (:11)