

Ways To Bring Back Your Toddler's Appetite



Make mealtime enjoyable with colorful and shaped foods and family conversations.

Give them the freedom to pick food and portion sizes.



Serve them small portions frequently instead of large meals.

Provide healthy snacks such as fruits and vegetables.



Offer water instead of juice.

Serve whole milk for added nutrients.



Avoid force-feeding.

Have a distraction-free mealtime environment.

