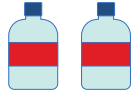


NUTRITION AND FEEDING

For selective eaters, PediaSure® offers supplemental nutrition for growth and development. However, PediaSure® is not intended as a meal substitute. Children require a nutritionally balanced diet. Straka Speech Castle Rock offers tips and support for how to use PediaSure® appropriately and effectively as part of a daily routine.

OFFER IT LAST



Offer PediaSure® at meal or snack time at the end of the meal or snack.

-or-

Offer PediaSure® as a bedtime snack (Don't forget to brush teeth **AFTER** PediaSure®, before bed).

USE SAFE FOODS



Always present at least 1 safe and preferred food for a child to eat at each meal or snack.

Try to present a protein, fat, and fruit or veggie with preferred foods.

GETTING MORE HELP



If your family is experiencing extremely restricted eating (ie. Less than 7-10 safe foods total), consistent gagging or vomiting on non-preferred foods, complete avoidance of an entire category of food (absolutely no meat, or no fruits or veggies, or absolutely no orange food) call our office at Straka Speech Castle Rock for a free 15-minute consultation to decide if a feeding therapy evaluation could benefit you!

TIP 01

KEEP A SCHEDULE



Consider providing meals and snacks at scheduled intervals, every 2.5-3 hours, and limit or eliminate snacking and drinks besides water in between. For example:

7AM Breakfast

9:30AM Snack

12:00PM Lunch

3PM Snack

5:30PM Dinner

7:30PM Bedtime

Snack*(if needed)

TIP 02

TIP 03

TIP 04

KEEP IT FUN



Eating should be a social and happy time. If power struggles, quantity concerns, or picky eating are ruining mealtimes, try taking the pressure off.

Stick with a schedule, increase the amount of protein and fat offered at other meals and snacks, and take a step back from the "just try a bite" mentality.

TIP 05

STRAKA SPEECH
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