

# AWARD WINNING IDEAS FOR RAISING HEALTHY AND HAPPY EATERS

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*13 Experts Give Their Advice*

Chef Kate Adamick, Michele Borba, Jane Brody, Caron Gremont,  
David L. Katz, Amy McCready, Marion Nestle, Ellen Notbohm, Julie Revelant,  
Lenore Skenazy, Jennifer Tyler Lee, Hemi Weingarten, Lisa R. Young

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## I ASKED LEADING EXPERTS ON FEEDING CHILDREN

What is the most important thing parents can do this year to give their children a happy and healthy relationship with food?

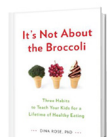
HERE IS WHAT THEY SAID

**DINA**  
**ROSE** PhD

**IT'S NOT ABOUT NUTRITION**  
*Changing the conversation from nutrition to habits*

Dina Rose, PhD | [dina@dinarose.net](mailto:dina@dinarose.net) | [ItsNotAboutNutrition.com](http://ItsNotAboutNutrition.com)

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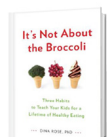
# CHEF KATE ADAMICK

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## *Be Patient*

“The most important thing parents can do to give their children a happy and healthy relationship with food is to be patient with them. Learning to like unfamiliar foods is a long-term process, so don’t get frustrated and give up. Instead, try the technique used by the French: Encourage children to try the tiniest taste of something, but tell them that they can spit it out if they don’t like it. Then, if they don’t like it, say, ‘That’s okay. You’ll like it when you’re bigger.’ Most kids want to be bigger sooner, so this often helps expedite the process.”

Chef Kate Adamick is the *Co-Founder* of **Cook for America**®.



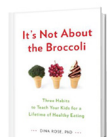
# MICHELE BORBA

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## *Eat Regular, Relaxed Family Meals*

“Eat regular relaxed family meals with your kids. A longitudinal survey of over 1500 adolescents found that girls who regularly ate family meals a few times a week in a structured and positive atmosphere were one-third less likely to develop an eating disorder. If your schedule isn’t conducive to family dining, then eat breakfast together but do find time to connect and enjoy each other’s company on a regular basis. Not only will you help your kids develop healthy eating habits, but you’ll also be creating wonderful childhood memories and cultivating strong relationships with your kids.”

Michele Borba, Ed.D. is an *Educational Psychologist* and author of *UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World*.



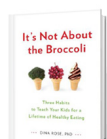
JANE BRODY

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*Never, Ever Bribe*

“Never, ever, bribe, wheedle or cajole children to eat any food, and especially never threaten to withhold dessert in attempting to get them to eat their broccoli (or whatever). Simply put the food on their plates, ask them to taste it and, if they don’t like it, they can leave the rest uneaten without further comment. (Negative statements about a food should not be allowed.) The food in question can be reintroduced maybe months or a year later, with the same strategy. Eventually, most children’s taste buds expand and gradually include the same foods adults like.”

Jane Brody is the *Personal Health columnist* for the **The New York Times**.



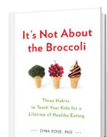
## CARON GREMONT

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### *Pause*

“Food brings families and friends together around the world. Shared meals build connection, bring joy and deepen relationships. If your relationship with your child is suffering because of what or how they eat, something is not working. Pause, take a step back and find a new way to share a meal with your child. Ask a friend for advice, pick a good book on the subject, or find a good resource online.”

Caron Gremont is the *Director of Healthy Eating* at **Martha’s Table**.



David L. Katz

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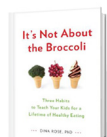
*Love the Food that Loves You Back*

“First, healthy people have more fun—not just in the remote future, but today! Kids can understand that, and can understand that healthy food is the fuel for it.

Second, kids THESE DAYS need to know that what we eat impacts the planet: land, water, air. It has effects on biodiversity. I think every child cares that there be lions, and tigers, and bears in the world—and what we eat will help determine whether or not it remains so. We can make choices that are loving, or otherwise, to this beautiful planet of ours and its marvelous creatures.

And, finally: we should be able to love food itself, because it’s so good. Mediterranean cuisine (and cuisinicity) beautifully epitomize the opportunity to have a diet that is as great as it is great for us, and sustainable. Kids can be raised to know there is never a choice to make between good food and good health; we can have both, and use the one to support the other. The key issue here is the skill set to make the right choices for a family in the first place. Taste buds are very influenced by familiarity, so raise kids on good stuff, and good stuff is what they will favor.”

David L. Katz, MD, MPH, FACPM, FACP, FACLM, is the *Director* of the **Yale University Prevention Research Center at Griffin Hospital**, a *Fellow* at **Morse College, Yale University** and an *Adjunct Professor* at the **GWU School of Medicine**.



AMY MCCREADY

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*Stop Being So Invested*

“Let 2017 be the year you stop being so invested in what and how much your kids eat. Stop coaxing, prodding and encouraging ‘just one more bite.’ Instead, trust that your kids will eat what their bodies need to grow and be healthy.”

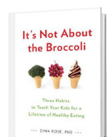
Amy McCreedy is *Founder of Positive Parenting Solutions*, the author of *If I Have to Tell You One More Time...The Revolutionary Program that Gets Your Kids to Listen Without Nagging, Reminding or Yelling*, and a regular contributor on the **NBC's TODAY** show.

**DINA**  
**ROSE**PhD

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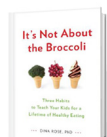
# MARION NESTLE

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## *Smaller Bites*

“Eat healthfully and feed your kids what you eat—in smaller bites, of course.”

Marion Nestle, Ph.D., M.P. H. is *Paulette Goddard Professor* in the **Department of Nutrition, Food Studies and Public Health** at **New York University**.



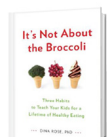
# ELLEN NOTBOHM

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## *Understand*

“With something as exquisitely individual as food habits, the most important thing is to realize that there is no single most important thing, that the most important thing may be different from day to day, even hour to hour, situation to situation. But the most important thing parents can do themselves is understand that responding to your child’s food preferences with mockery, exasperation, coercion or punishment will teach them nothing about food, but only that they cannot trust you to guide them respectfully.”

Ellen Notbohm is the *Author* of the award-winning *Ten Things Every Child with Autism Wishes You Knew* as well as three other books on autism.



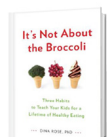
# JULIE REVELANT

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## *Step Back*

“Instead of pulling out all the stops to persuade your kids to eat healthy and pulling out your hair at mealtimes, take a step back and realize that fostering a happy and healthy relationship with food is a journey. So rather than worrying whether your child ate his vegetables or not at dinner, offer healthy, whole foods at every meal, eat healthy yourself and teach your children that healthy foods make our bodies and minds happy.”

Julie Revelant is the *Health journalist* for **FoxNews.com** & **FIRST for Women** magazine.



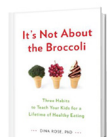
# LENORE SKENAZY

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## *More Free Time*

“When we were growing up, kids spent a lot of the day too busy playing to eat. Now it’s the other way around. If we give our kids more free time for free play, things just might fall back into place.”

Lenore Skenazy is the *Founder* of the book, blog and movement **Free-Range Kids**.



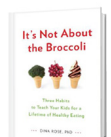
# JENNIFER TYLER LEE

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## *Cook with Your Kids*

“Cook with your kids, not for your kids. Because kids who cook are many more times likely to eat well. Cooking sets kids up for a lifetime of healthy habits.”

Jennifer Tyler Lee is the *Author of The 52 New Foods Challenge and Crunch a Color: The Healthy Eating Game.*



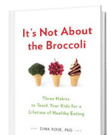
# HEMI WEINGARTEN

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## *Set an Example*

“Parents should set an example for their children from the day they are born, by eating healthy, tasty, homemade meals - together, distraction free, with the same food served to all family members, regardless of age.”

Hemi Weingarten is the *Founder and CEO of Fooducate.*



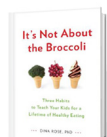
LISA R. YOUNG

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*All the Food Groups*

“It is important for parents to encourage their kids to eat from all the food groups instead of banning certain food groups (such as grains or dairy). Teaching them proper portion sizes will ensure that they eat reasonable amounts of foods and not have to diet to be healthy.”

Lisa R. Young, Ph.D, R.D., C.D.N. is a nationally recognized nutritionist and portion control expert, an *Adjunct Professor* at **New York University** and the *Author* of *The Portion Teller Plan*.



AND ONE MORE THING...

Change the conversation from nutrition to habits.

Dina Rose, PhD is the author of the book *It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating* and the person who collected these award winning ideas. For more inspiration go to [itsnotaboutnutrition.com](http://itsnotaboutnutrition.com).



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