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Focus on Obesity Prevention

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How Children Develop Unhealthy Food Preferences

"But, I wanted pizza!" Sound familiar? Not wanting to eat broccoli is rooted in a great deal of more complicated issues than just not liking green food. A child's food preferences directly affect eating behavior, which in turn is linked to overall health, wellness, and the formation of obesity.

Become a smarter shopper and learn more here about the development of unhealthy food preferences in children of all ages.






Ask the Pediatrician:



By: Tanya
Altmann, MD,
FAAP

Should I sneak fruits and vegetables into my preschooler's food?

Also In This Issue:

-  **Healthy Habits to Master in Your Baby's First Two Years**  **INFOGRAPHIC**
-  **Stick with Breastfeeding – It's Worth It!**  **INFOGRAPHIC**
-  **Obesity Prevention: AAP Policy Explained**

- + [Fruit Juice and Your Child's Diet](#)
- + [Teasing and Bullying of Obese and Overweight Children: How Parents Can Help](#)
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- + [11 Ways to Encourage Your Child to Be Physically Active](#)
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Is Your Baby Hungry or Full?  VIDEO  INFOGRAPHIC



Tips for Introducing Solid Foods  VIDEO  INFOGRAPHIC





In this video, you'll learn all about the practice of responsive feeding and how to understand, recognize, and respond to your baby's hunger or fullness cues.



Did you know that by 9 months a child's taste preferences are mostly set? In this video, get great tips on how set your baby on the road to healthy eating for life!

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