**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?

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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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