



TIPS TO MAKE CHILDREN EAT WELL



Give them healthy snacks such as roasted peanuts and sandwiches and maintain enough gap between their meals and snacks.



Include alternatives of milk for an adequate dose of calcium, such as cottage cheese, cream, and curd, if they refuse to drink milk.



Give them food in bite-sized portions if they cannot finish their meals and have low appetites.



Add healthy herbs and spices to their meals to tingle their taste buds and increase their appetite.



Try to include lemon juice, ginger, and vinegar, as they may help increase appetite by stimulating gastric secretions.



To make it enjoyable, keep switching between different textures, such as fruit smoothies or crunchy salads.

