

The 3 Myths of Picky Eating

Kids are born picky: **NOPE**

It takes 10-15 tries before child will eat a new food: **NOPE**

Kids can't take responsibility for their own health: **NOPE**

What you need to know to raise a child that loves healthy food:

1 Kids aren't born picky, it just some kids are born with sensitive taste buds, it's what you do with them from the age of 0-18 that determines whether you wind up with a picky eater, a gourmet chef or something in between.

2 Experts will tell you it takes 10-15 tries with a new food so most parents give up long before they should. It can take 5-10 years to teach your child to love a new food. But, once you do, they'll have another 70 or 80 years of eating spinach! Don't give up, that's a lot of spinach!

3 Kids can and will take responsibility for their own health if you take the right approach and give them the right tools.

*Learn how Beth Robeson is dramatically changing the way parents deal with their picky eaters in her ground breaking new book, **The Making of a Picky Eater***

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