



Ways To Increase Appetite For Children

INCREASE
CHILDREN'S APPETITE

► How To Boost The Child's Appetite ◀

► Stop That Full Time Feeds, Often Termed As "Grazing" :

A bite of chips, few bites on Nachos, if the child has been grazing in every few minutes, keep a tap now. Continuously nibbling something will never make a child know the real hunger. If hunger is not established, we cannot expect kids to have a better appetite. It also adversely affects their nutritional intake. Always ensure a 2-3 hours gap between the meals offered to the child.

► Mandatory Breakfast In The Morning:

Eating a healthy breakfast after a good night's sleep rejuvenates the metabolism and is bound to increase the appetite.

► Iron-Rich Foods:

We all know that Iron and Zinc are essential minerals for the overall growth in kids. As infants grow, their Iron reserves slowly deplete, and unless it is replenished by dietary or non -dietary sources, Iron deficiency can lead to loss of appetite in kids.

► Offer Food Every 2 -3 Hours:

Standard three meals a day do not do any good for a child. It is always better to have small, nutritional meals, to boost the digestive system and better appetite.

► Encourage Playing Each Day:

Physical activity can help increase appetite.



► Offer Water Between Meals:

Sipping on milk or juice between meals leaves less room for other foods.

► Limit Milk Consumption:

Many children, who have low appetites, suffer from what can be called the 'too much milk' problem. When children have milk as fillers, appetizers, or snacks, it kills their appetite for the next meal.


► Use Tasty Spices:

Oregano, cinnamon, coriander, and fennel are all spices and herbs that help build an appetite.

► Avoid Stressful Topics At Mealtimes:

Sometimes, parents discuss finances or plan the child's school schedule during meal times as spending time together is a rarity.

► Offer Favorite Foods



Increase Children's Appetite



Increase children's appetite

- ▶ Not being exposed to a wide variety of foods and textures at a young age
- ▶ Iron deficiency, which not just impacts appetite but also has an impact on the cognitive, motor, and other developmental skills.



▶ Ways To Increase Appetite ◀ For Children

First, it is essential to understand why some kids seem not to want to eat. Moreover, while some overlap here with picky eating, having a poor appetite can be its animal.

Some kids are not picky; they are not hungry.

In infants and toddlers, causes of decreased appetite or insufficient food intake may include:

- ▶ Food allergies
- ▶ Being forced to eat too much
- ▶ Excessive intake of milk or juice between meals



It is usual for the toddler's appetite to change from day to day and from meal to meal. How much the toddler wants to eat can also depend on how active, excited or tired he is or where he is eating (at home or daycare, for example). Look at eating patterns over the week rather than each day to see how well the toddler is eating. As long as the toddler is growing and healthy, he is getting enough food.

- ▶ Digestive problems, gastric and bowel issues