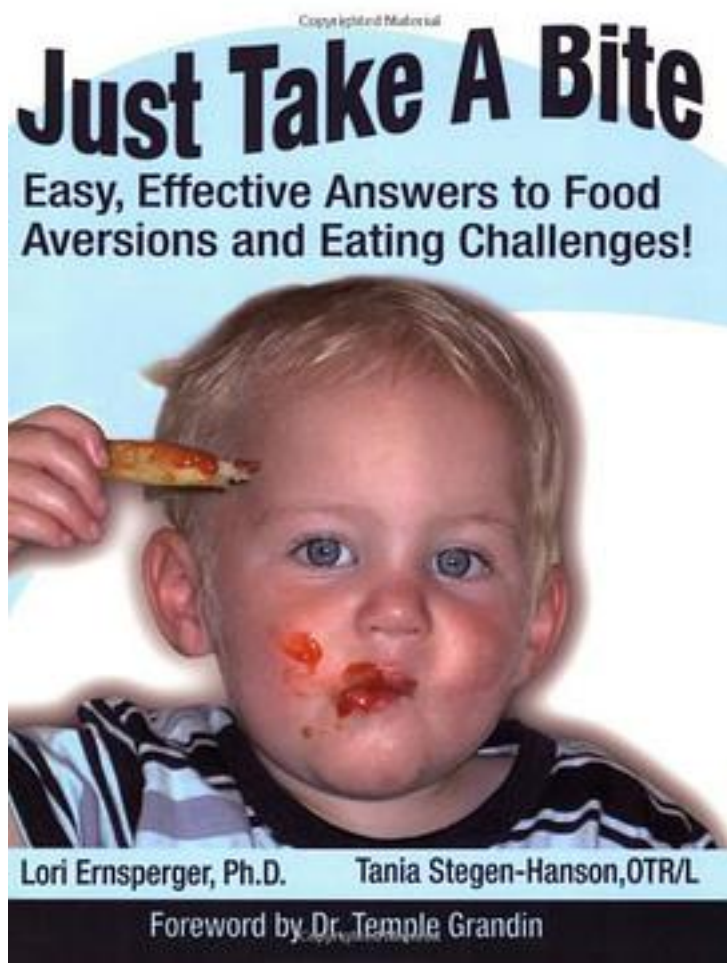


# Just Take A Bite



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Is your child a "picky" eater or a full-fledged resistant eater? Does he or she eat only 3-20 foods, refusing all others? Eat from only one food group? Gag, tantrum, or become

anxious if you introduce new foods? If so, you have a resistant eater. Learn the possible causes, when you need professional help, and how to deal with the behavior at home. Learn why "Don't play with your food " and "Clean your plate " - along with many other old saws - are just plain wrong. And who said you have to eat dessert last? Get ready to have some stereotypes shattered

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