

Trust Me
Trust My Tummy

Ella at the dinner table





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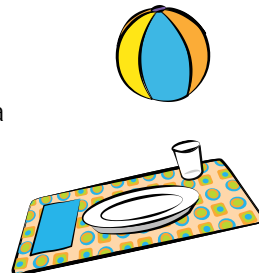


Ella at the dinner table

By Kathryn Johnson

Illustrations by Christina Testana

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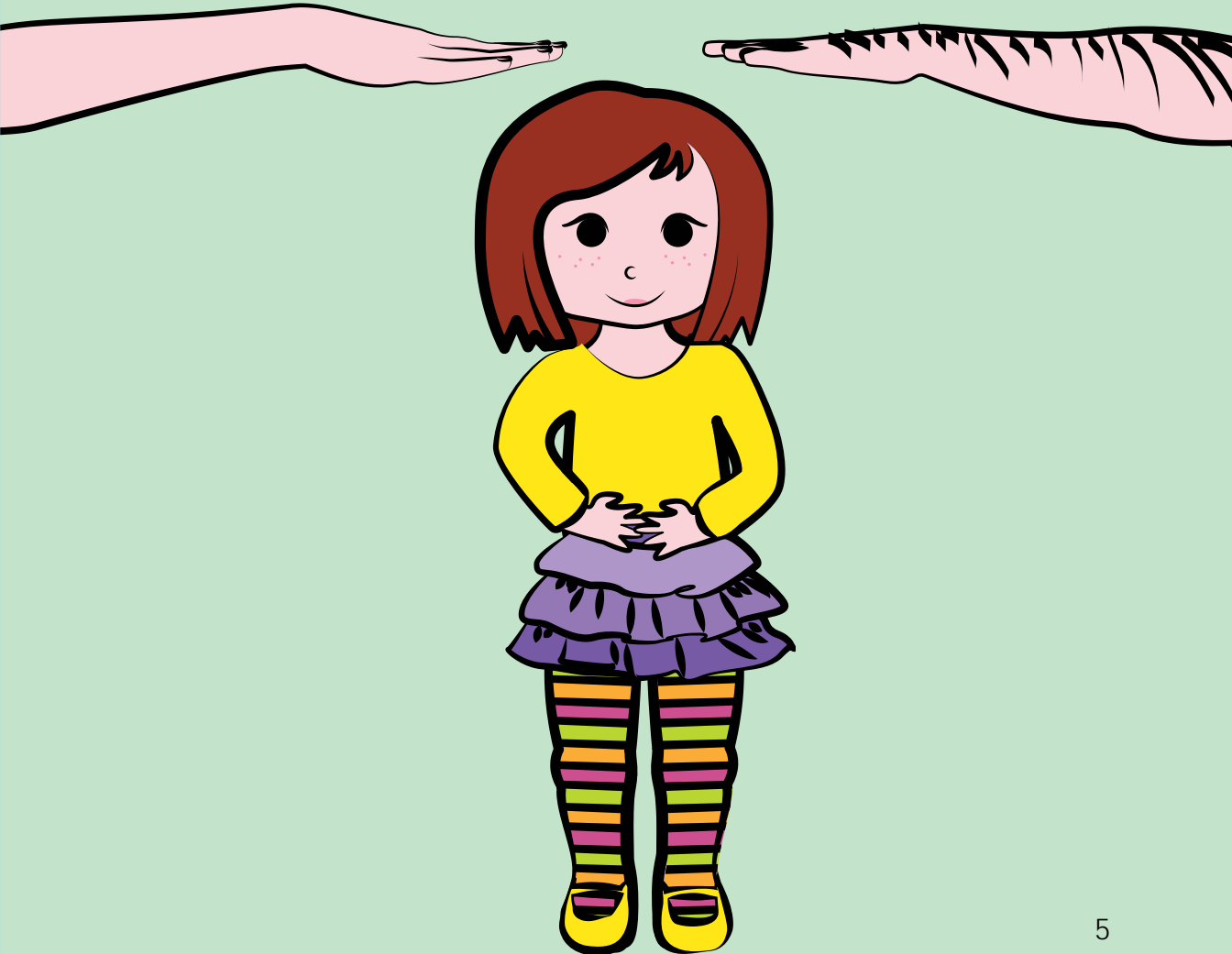


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This is Ella.

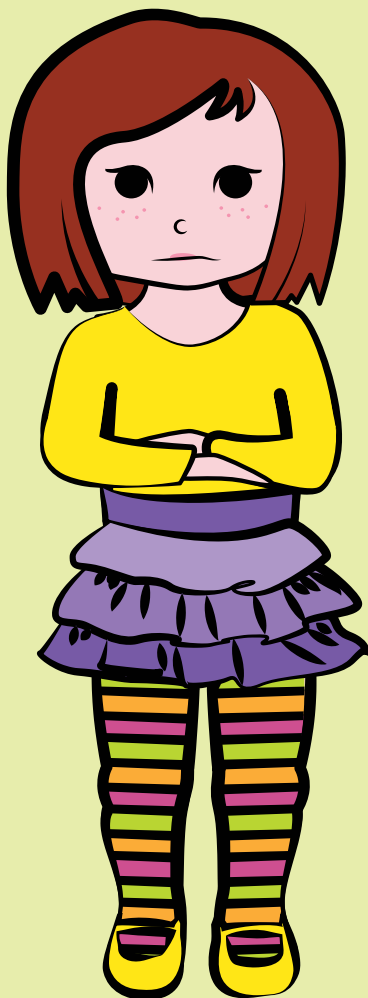


Ella is about this tall.



Ella likes throwing a ball.





Ella is very picky.



Ella does not always like
to eat her dinner.



Ella's mom said, "Eat your carrots."



"No! I like my carrots cold.
These carrots are hot."



Ella's dad said, "Eat your potatoes."



"No! Potatoes are smelly."

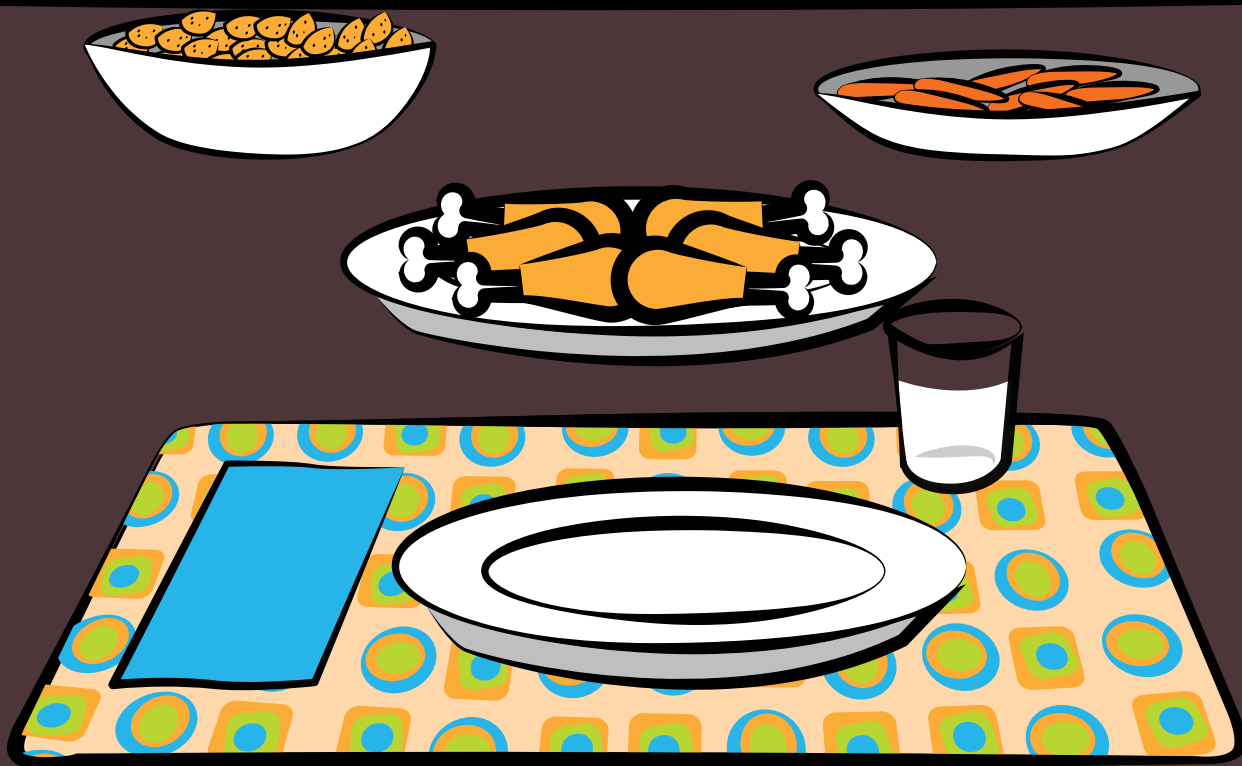


The next night Ella looked at her plate.
It was EMPTY!

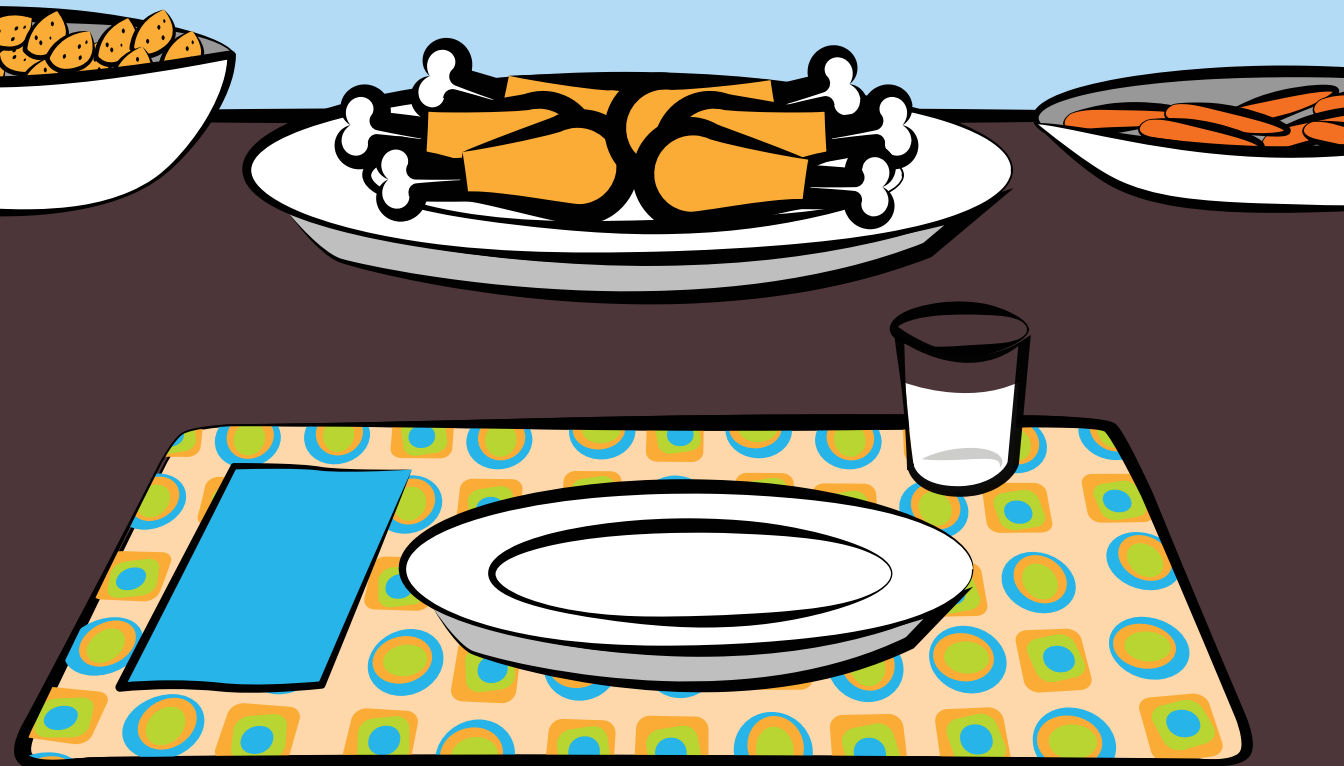


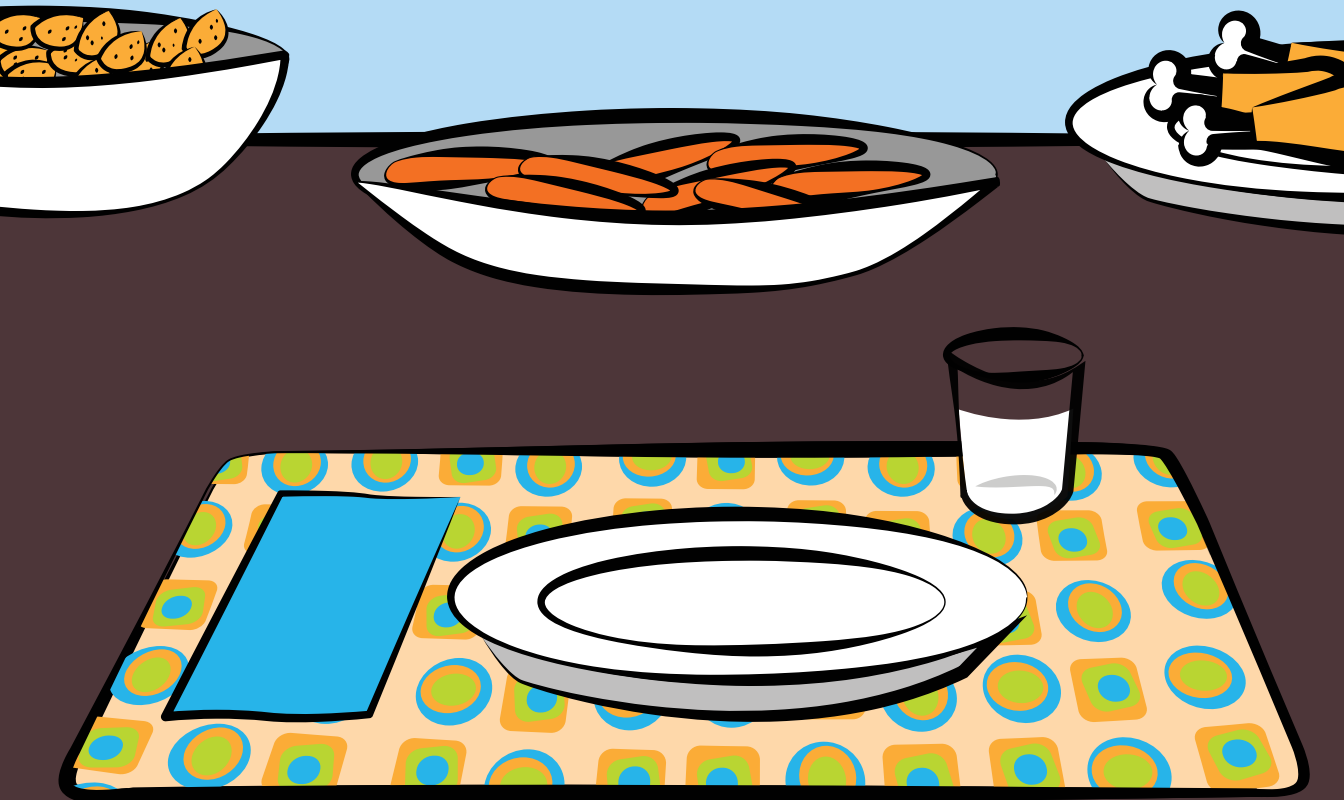
"Mommy, where is my dinner?"

"It is right in front of you.
You can pick what you want
for dinner."



Ella looked at the table.
In the middle there was a
plate with chicken.





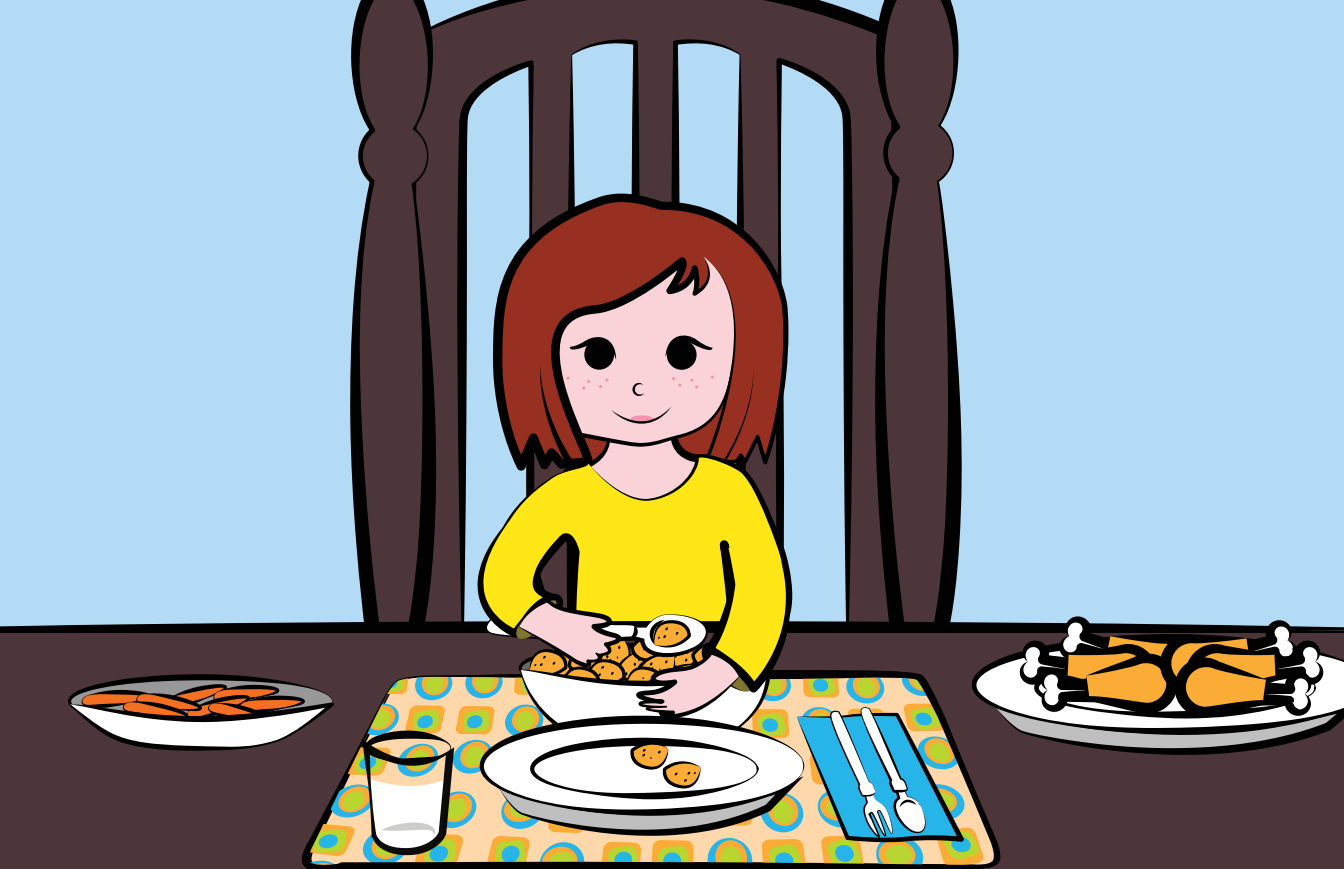
There was a bowl with COLD carrots.



There were potatoes too.
Ella sniffed the air, "Mmm!"
The potatoes did not smell that bad.



Ella's dad gave her a
fork and a spoon and said,
"Help yourself Ella."



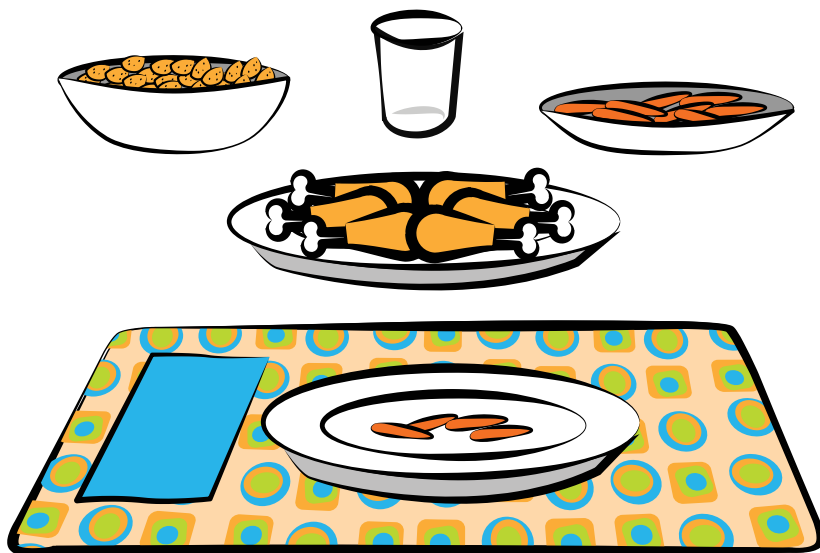
“Hmm,” Ella thought,
“Maybe dinner is not that bad.”
And she took a scoop of the
not so smelly potatoes.

The End

A message about feeding young children.

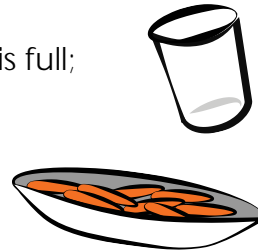
We all want children to grow up to be healthy and happy. It is our role as parents and caregivers to help our children develop a healthy relationship with food. As shown in the story, once Ella's parents let Ella decide what to eat, Ella was more open to trying the foods provided for dinner.

After reading this story with your child, you can ask your child, "What foods do you think Ella might want to try tomorrow?"



Tips for building healthy eating habits:

- Provide a healthy meal or snack every 2 or 3 hours
- Seat your child at the table for meals and snacks without TV or toys
- Offer small portions of food
- Allow your child to say “no thank you” or “more please”
- Let your child feed himself or herself
- Let your child leave the table when he or she is full;
20 – 30 minutes is enough time to eat
- Keep mealtime free of pressure
- Eat together as a family whenever possible



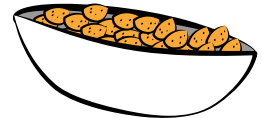
The division of responsibility

You decide:

- What foods to offer
- When to offer meals and snacks
- Where your child will eat

Trust your child to decide:

- Which foods to eat
- How much to eat



Trust me. Trust my tummy.

Once Ella's parents let her decide which foods to eat at the dinner table, she becomes open to trying new foods – a healthy eating message for children, parents, and caregivers.

Visit our interactive, online activity
to find out about a new and fun approach
to feeding your child.