

Resources for the families with fussy/restrictive eaters

Fussy eating:

[Fussy eaters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Restrictive eating:

[ITF109 Fact sheet 2_3 Extreme food refusal Dec19 v2.indd \(infantandtoddlerforum.org\)](#)

[ARFID - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

[SENSORY PLAY TOOLKIT - Home \(weebly.com\)](http://weebly.com)

Healthy Eating:

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Complementary feeding \(weaning\) \(bda.uk.com\)](http://bda.uk.com)

[Portion Sizes for Toddlers - Infant & Toddler Forum](#)

Multivitamins:

Boots Kids Daily Health A-Z Multivitamins from 3-12 years.

Halibo orange Multivitamins with calcium and iron , Everyday Health, Chewable tablets, 3+ yrs (does not provide full RNI of Vitamin D, additional Vitamin D supplementation is needed)

Morrisons Children's Health, Kids age 3+ chewable multivitamins(does not provide full RNI of Vitamin D, additional Vitamin D supplementation is needed)

ASDA A-Z multivitamins and minerals Wellbeing tablets.

Sainsbury's Kids Chewable Multivitamin and Minerals x 60 , 3 years +.

Well-kid Multivitamin Smart Chewable (4-12 years).

Vitabiotics Well-Kid Multivitamin liquid (4-12 years). Vitabiotics Well-Baby Multivitamin Liquid (6 months to 4 years).

Vitabiotics Well-Baby Multivitamin Drops (4-24 months).

Vitamixin by Nutrigen (does not provide full RNI of Vitamin D, additional Vitamin D supplementation is needed)



Patient Webinars



www.patientwebinars.co.uk

- Managing fussy or restricted eating in pre-school children
- Fussy eating in school aged children
- Eating for children with sensory difficulties
- Fussy eating; Frequently asked questions

<https://>



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