

Picky eating usually transient among preschool children

February 15 2015



Photo: Agricultural Research Service

(HealthDay)—Picky eating is usually a transient behavior in early childhood, according to a study published online Jan. 30 in the *International Journal of Eating Disorders*.

Sebastian Cardona Cano, M.D., from Erasmus University Medical Center in Rotterdam, Netherlands, and colleagues described the prevalence of picky eating during childhood. Data were included for 4,018 participants of a population-based cohort with measurements from pregnancy onward. Picky eating was assessed when [children](#) were aged 1.5, 3, and 6 years old by maternal report.

The researchers found that the prevalence of picky eating was 26.5, 27.6, and 13.2 percent at 1.5, 3, and 6 years, respectively. They defined

four main trajectories of picky eating: never picky eating at all three assessments (55 percent of children), remitting (0 to 4 years, 32 percent of children), late-onset (6 years only, 4 percent), and persistent (all assessments, 4 percent). Persistent picky eating was predicted by male sex, lower birth weight, non-Western maternal ethnicity, and low parental income. Late-onset picky eaters were more often children of parents with low incomes and non-Western ethnicity.

"This suggests that picky eating is usually a transient behavior and part of normal development in preschool children," the authors write.

One author works at a center supported by Nestlé Nutrition, Metagenics, and AXA.

More information: [Abstract](#)

[Full Text \(subscription or payment may be required\)](#)

Copyright © 2015 [HealthDay](#). All rights reserved.

Citation: Picky eating usually transient among preschool children (2015, February 15) retrieved 4 May 2024 from <https://medicalxpress.com/news/2015-02-picky-transient-preschool-children.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.