

RAISING INTUITIVE EATERS

by Kacie Barnes, MCN, RDN



**mama knows
nutrition**

ELLYN SATTER'S DIVISION OF RESPONSIBILITY IN FEEDING

Babies and kids thrive off structure and boundaries. It makes them feel safe.

Our job is providing the structure, their job is to listen to their bodies, and we need to learn how to respect/understand their cues.

Your job:

WHAT is served, WHEN, and WHERE

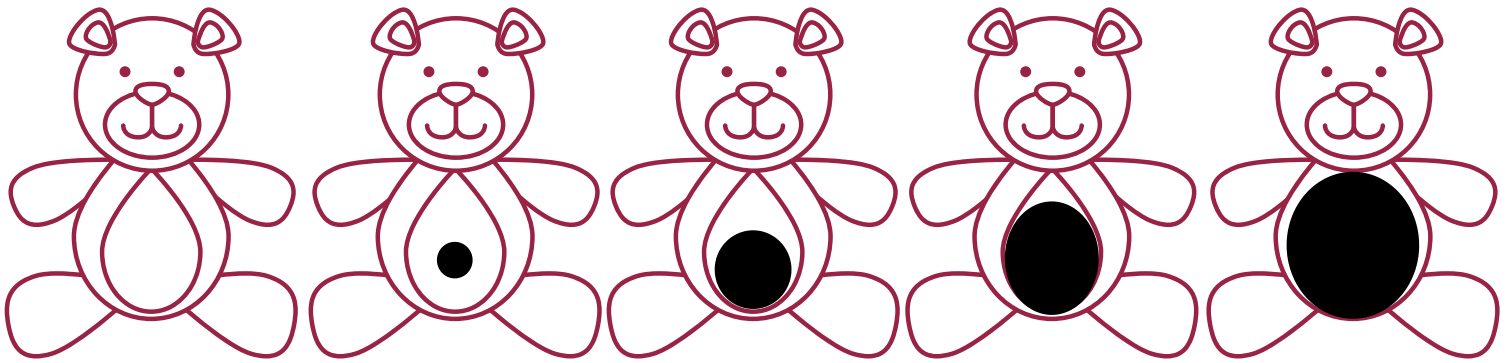
Their job:

IF they eat and HOW MUCH

TEACH HUNGER AND FULLNESS

Ask, "which bear's tummy is full?"

"Which does your tummy feel like?"



I'm
REALLY
hungry!
My tummy
is
rumbling.

I'm quite
hungry
and my
tummy is
a little
empty.

I feel
just
right.
Not too
hungry
or too
full.

I'm full,
but
there's a
little bit
of room
left in
my
tummy.

My
tummy
is **SO** full
and I
cannot
eat any
more
food!



**Words to describe foods at mealtime to encourage exploration
without telling them to just try it or "you will like it"**

APPEARANCE

- stringy
- firm
- dry
- heavy
- flaky
- crumbly
- flat
- crispy
- lumpy
- fizzy
- fluffy
- smooth
- thick
- hard
- mushy
- sticky
- thin
- dull
- pillowy
- soft
- short
- long

TEXTURE

- thin
- rubbery
- slimy
- gritty
- bubbly
- grainy
- greasy
- rough
- moist
- soft
- firm/hard
- flaky
- crispy
- fluffy
- dry
- wet
- crumbly
- lumpy
- smooth
- mushy
- sticky
- chalky

SOUND

- crackle
- crunch
- hiss
- pop
- sizzle
- squeak
- smash
- slurp
- glug
- guzzle
- plop

SMELL

- aromatic
- spicy
- floral
- bland
- salty
- savory
- tart
- strong
- mild
- weak
- cheesy
- sweet
- acidic
- citrus

TASTE

- sweet
- sugary
- salty
- bitter
- strong
- mild
- boring
- rich
- hot
- warm
- cold
- fruity
- juicy
- sour
- zesty
- plain

About Kacie



mamaknowsnutrition.com

 [@mamaknows_nutrition](https://www.instagram.com/mamaknows_nutrition)

Kacie Barnes, MCN, RDN, LD is a Registered Dietitian Nutritionist who helps families with young kids make healthy eating approachable and attainable. Kacie shares nutrition tips, hacks, and meal ideas on Instagram and on her website, at mamaknowsnutrition.com. She has a Master of Clinical Nutrition from UT Southwestern, and earned her Bachelor's degree at NYU. Kacie lives in Dallas, TX with her husband and two kids. Find her at [@mamaknows_nutrition](https://www.instagram.com/mamaknows_nutrition) on Instagram!