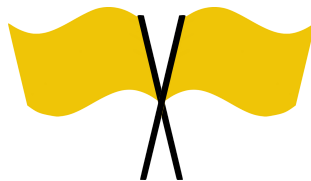


# THE YELLOW FLAGS OF CHANGING EATING HABITS IN KIDS

*Change in eating habits can be **normal** in growing children. Even as adults, our palette changes and sometimes we just get bored of certain foods. In children, if the change in eating habits is drastic and/or they present with other symptoms ("the yellow flags"), It might be time to seek out a health care professional*

## Watch for:



- Persistent tummy aches
- Behaviour changes at home and/or school
- Persistent stool changes
- Increased headache
- Excessive sleepiness
- Increased mouth sores and dental carries
- New hyperactivity or hypoactivity

