

What Experts

SAY ABOUT **FOOD REWARDS**

American Academy of Pediatrics:

Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.

American Academy of Family Physicians:

Food should not be used for non-nutritive purposes such as comfort or reward. Do not provide food for comfort or as a reward.

Academy of Nutrition and Dietetics:

Do not use food as a reward. When children are rewarded with sweets or snack food, they may decide that these foods are better or more valuable than healthier foods.

American Academy of Child and Adolescent Psychiatry:

Do not use food as a reward.

American Psychological Association:

Avoid using food as a reward for good behavior. Making unhealthy food a reward for good deeds promotes the idea that healthy food isn't as appealing as junk food or something to look forward to.

Let's Go!:

Prohibit the use of food as a reward.

Yale Medical Group:

Using food as a reward or as a punishment can undermine the healthy eating habits that you're trying to teach your children. Giving sweets, chips, or soda as a reward, often leads to children overeating foods that are high in sugar, fat, and empty calories. Worse, it interferes with kids' natural ability to regulate their eating, and it encourages them to eat when they're not hungry to reward themselves.

listen up!

