

Why are children picky eaters? Genetics may play key role

Children who are picky eaters may have their genetics to blame, a study claims. Researchers from the University of Illinois in USA [undertook a study](#) to examine whether genetics could affect a child's tendency to be a fussy eater.

By assessing the physical attributes of a 153 preschoolers and comparing them with surveys answered by the children's parents about their upbringing, they were able to assess whether a connection between nature and nurture could be forged. The study concluded that while there are many factors that could cause a child to be difficult at the dinner table, their genetic makeup can play a role.

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[Dr. Sarah Schenker](#), a registered dietitian and nutritionist specialising in cooking for young children and tackling fussy eating, described how some children cause havoc at meals in order to assert themselves. "It's usually thought children become fussy with food as a way for taking back a little bit of control and exerting themselves and their will against parents who control everything," Schenker told The Independent.

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According to the [UCSF Benioff Children's Hospital in San Francisco](#), some children mimic the way their parents eat. Therefore, if you never grow out of your particular eating habits, chances are you may pass them onto your offspring in turn.

Read full, original post: [Children may be picky eaters due to genetics, claims study](#)