

Making Meal Time More Enjoyable Resource Supplement

If you're frustrated by your child's selective eating habits, you're not alone. Studies show that 14 – 50% of preschool children and 7 – 27% of older children are picky eaters.

While many children will outgrow this phase, for some children, picky eating habits persist and become a health concern. Feeding therapists, some speech therapists, and ABA therapists have the necessary training to help families to increase the number of healthy foods in a child's diet. We have included a few tools to help get you started with analyzing your child's needs.

For Additional Information:

Watch the Webinar



Visit our Website



What's Included:

- Readiness Checklist
- Food Diary
- Food Inventory List

Additional Resources:

- Navigating food selectivity blog article:
kyocare.com/introducing-new-foods
- [Let's Take a Bite](#), book by Lori Ernsperger
- [Broccoli Boot Camp](#) by Williams and Seiverling

Feeding Problems Checklist

Identify the problem(s)

- Does it compromise the child's health? **Yes/No**
- Are there concerns about vitamin or nutritional deficits? **Yes / No**
- Is there a lack of participation in social routines during meal time? **Yes / No**

Have possible medical issues been considered and ruled out? **Yes/No**

- Dental consultation
- Gastro-intestinal issues
- Oral motor problems
- Medications affecting appetite

Examine family and eating routines

- Where do other family members eat?

- When are mealtimes?

- What are some common meals?

- Is there anything else happening during meals?

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Determine the function or contributing factors

- Is your child getting increased attention when not eating? For example, prompting to eat, hand feeding, or others attending to them instead of their own meal. **Yes/No**
- Is your child able to access other preferred items or activities instead of eating at mealtimes? **Yes/No**
- What happens after the meal if they haven't eaten?

Set a family goal

- What do you want your child to do during meals and how will others participate or respond?

Food Diary

Use this diary to track all food and beverages (even water) your child has consumed over at least three days, including at least one weekend day. When complete, you can share this information with your child's physician, nutritionist, or other professional assisting your child.

| Date/Time/Place | Food/Beverage | Amount | How Prepared (baked, steamed, blended etc.) |
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Additional Notes:

Food Inventory List

Put a check in the child column if your child will eat what you would consider an age-appropriate portion of the food listed. If the food is served to the family at meals, put a check in the family column.

| Child | Family | Fruit | Child | Family | Veggies | Child | Family | Grains | Child | Family | Meat/Bean |
|-------|--------|-----------------|-------|--------|--------------|-------|--------|--------------|-------|--------|-----------------|
| | | Apple | | | Asparagus | | | Brown Rice | | | Bacon |
| | | Apple Juice | | | Beet | | | Cereal | | | Baked Beans |
| | | Apple sauce | | | Broccoli | | | Corn Bread | | | Chicken |
| | | Apricot | | | Cabbage | | | Crackers | | | Chicken Nuggets |
| | | Avocado | | | Carrot | | | Bagel | | | Crab |
| | | Banana (fresh) | | | Cauliflower | | | Egg Noodle | | | Fish Sticks |
| | | Blueberry | | | Celery | | | Pasta | | | Fish Filet |
| | | Cantaloupe | | | Corn (fresh) | | | Pretzels | | | Ham |
| | | Cherries | | | Cream corn | | | Toast | | | Turkey |
| | | Cranberry Juice | | | Cucumber | | | French Toast | | | Lunch Meat |
| | | Grape Juice | | | Eggplant | | | Pancakes | | | Hamburger |
| | | Grapes (fresh) | | | Green beans | | | Waffle | | | Hot Dog |
| | | Grapefruit | | | Kale | | | Muffin | | | Lamb |
| | | Kiwi | | | Lettuce | | | Oatmeal | | | Lentils |
| | | Lemonade | | | Peas | | | Quinoa | | | Meatloaf |
| | | Mango | | | Pepper | | | Ramen | | | Mixed Nuts |
| | | Orange/Mandarin | | | Potato | | | Bread Roll | | | Peanut Butter |
| | | Orange Juice | | | Radish | | | Wheat Bread | | | Almond Butter |
| | | Nectarine | | | Spinach | | | White Bread | | | Pork |
| | | Peaches | | | Yams | | | White Rice | | | Roast Beef |
| | | Pear | | | Tomato | | | Hot Cereal | | | Sausage |
| | | Pineapple | | | Turnip | | | | | | Shrimp |
| | | Plums | | | | | | | | | Steak |
| | | Raspberry | | | | | | | | | Tofu |
| | | Strawberry | | | | | | | | | Canned Tuna |
| | | Watermelon | | | | | | | | | |
| Child | Family | Dairy | Child | Family | Combo | Child | Family | Sweets | Child | Family | Other |
| | | Cheese Slices | | | Casserole | | | Cake | | | Potato Chips |
| | | Cheese Spread | | | Chili | | | Fruit Candy | | | Tortilla Chips |
| | | String Cheese | | | Lasagna | | | Chocolate | | | French Fries |
| | | Chocolate Milk | | | Pizza | | | Gum | | | Pasta Sauce |
| | | Cow Milk | | | Soup | | | Pie | | | |
| | | Cottage Cheese | | | Stir-fry | | | Ice Cream | | | |
| | | Yogurt | | | Taco | | | Popsicles | | | |
| | | | | | Burrito | | | Cookies | | | |
| | | | | | | | | Donut | | | |
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