

# PICKY EATERS VERSUS PROBLEM FEEDERS



## PICKY EATERS

- Decreased range of variety of foods consumed, usually 30 foods or more
- Foods lost due to “burn-out” are usually re-gained after 2 weeks
- Able to tolerate new foods on plate. Can usually touch or taste new foods, even if reluctantly
- Eats at least one food from most all food texture groups

## PROBLEM FEEDERS

- Restricted range or variety of foods, usually consume less than 20 different foods
- Foods lost due to “burn-out” are NOT re-acquired
- Cries and “melts down” when presented with new foods
- Refuses entire categories of food texture groups

## TIPS FOR PARENTS

- Never force feed your child
- Limit mealtime to 30 minutes or less
- Encourage food exploration, allow your child to get messy
- Decrease pressure to consume new foods if your child isn’t ready
- Allow your child to assist in meal preparation to gain additional exposure to the food
- Describe the properties of the food (e.g., it’s soft, sticky, wet, crunchy)
- Model eating the food
- Seek a feeding evaluation if mealtimes are a constant source of stress