

## 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](https://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?

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- When are mealtimes?

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- What are some common meals?

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- 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?

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## Set a family goal

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

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# 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.)

Additional Notes:

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# 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			