

PICKY EATERS

- Decreased range or variety of foods; typically has 30 or more foods in their food range
- Foods lost due to “burn out” from food jaggging are usually eaten again after a 2-week break
- Eats at least one food from most nutrition or texture groups (e.g. purees, meltable foods, proteins, fruits)
- Can tolerate new foods on their plate; usually able to touch or taste food (even if reluctantly)
- Frequently eats different foods at a meal than other family members who are at the same table at the same time
- Sometimes reported by parent as a “picky eater” at well-child check-ups even when eating
- Easily learns to eat new foods in 20 to 25 steps on a Steps to Eating Hierarchy

PROBLEM FEEDERS

- Restricted range or variety of foods; usually eats less than 20 foods
- Foods lost due to “burn out” from food jaggging are not eaten again after a break, resulting in a further decrease in the number of foods eaten
- Refuses entire categories of food textures or nutrition groups (e.g. soft cubes, meats, vegetables, purees)
- Cries, screams, tantrums, “falls apart” when new foods are presented or completely refuses
- Almost always eats a different set of foods than their family; often eats at a different time or at a different place than other family members
- Persistently reported by parents to be a “picky eater” at multiple well-child check-ups
- Requires more than 25 steps to learn to eat new foods