

## Picky Eaters vs Problem Feeders

Is your child one of the following:

### A Picky Eater

Decreased range or variety of foods. Will eat 30 different foods or more.

Foods lost due to “burn out” because of a food jag are usually regained after a two-week break.

Able to tolerate new foods on plate and usually can touch or taste a new food (even if reluctantly)

Eats at least one food item from most all texture groups.

Will add new foods to repertoire in 15-25 steps.

### A Problem Feeder

Restricted range or variety of foods usually less than 20 different foods.

Foods lost due to food jags are not re-acquired.

Cries and “falls apart” when presented with a new food.

Refuses entire categories of food textures.

Adds new foods in more than 25 steps.

(chart courtesy of Kay Toomey)

Is your child meeting his/her feeding developmental milestones?

Other resources:

[www.kidsgrowth.com](http://www.kidsgrowth.com)

[www.empoweredparents.com](http://www.empoweredparents.com)

[www.freep.com/news/health/picky11\\_20020611.htm](http://www.freep.com/news/health/picky11_20020611.htm)