

PICKY EATERS VERSUS PROBLEM FEEDERS

Decreased range or variety of foods; typically has 30 or more foods in their Food Range
Foods lost due to “burn out” from Food Jagging are usually eaten again after a 2-week break
Eats at least one food from most all 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 a different set of foods at a meal than other family members; typically eats at the same time and at the same table as other family members
Sometimes reported by parent as a “picky eater” at well-child check-ups. Picky eating has been less than 2 years.
Learns to eat new foods in 20 to 25 steps on a Steps to Eating Hierarchy

PICKY EATERS

Restricted range or variety of foods; usually eats less than 20 foods
Foods lost due to “burn out” from Food Jagging are not eaten again after a break, resulting in a further decrease in the # of foods eaten
Refuses entire categories of food textures or nutrition groups (e.g. soft cubes, meats, vegetables, Hard Mechanicals)
Cries, screams, tantrums, “falls apart” when new foods are presented; complete refusal
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. Picky eating has been more than 2 years.
Requires more than 25 steps to learn to eat new foods

PROBLEM FEEDERS