

PICKY EATERS VERSUS PROBLEM FEEDERS

Defined By:	<u>PICKY EATERS</u>	<u>PROBLEM FEEDERS</u>
# of foods in Food Range consistently eaten when presented	Decreased range or variety of foods; typically has 30 or more foods in their Food Range	Restricted range or variety of foods; usually eats less than 20 foods
Loss of foods from Food Range	Foods lost due to “burn out” from Food Jaggings are usually eaten again after a 2 week break	Foods lost due to “burn out” from Food Jaggings are not eaten again after a break, resulting in a further decrease in the # of foods eaten
Ability to eat foods from all categories of foods (texture and nutrition)	Eats at least one food from most all nutrition or texture groups (e.g. purees, Meltable foods, proteins, fruits)	Refuses entire categories of food textures or nutrition groups (e.g. soft cubes, meats, vegetables, Hard Mechanicals)
Tolerance of New Foods on their plate	Can tolerate New Foods on their plate; usually able to touch or taste food (even if reluctantly)	Cries, screams, tantrums, “falls apart” when New Foods are presented; complete refusal
Ability to eat the same foods as their family	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	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
Duration and report of “pickiness”	Sometimes reported by parent as a “picky eater” at well-child check-ups	Persistently reported by parents to be a “picky eater” at multiple well-child check-ups
Ability to learn to eat New Foods	Learns to eat New Foods in 20 to 25 steps on a Steps to Eating Hierarchy	Requires more than 25 steps to learn to eat New Foods

Circle which marker best describes your child in each column. If neither marker describes your child in a line, do not circle either – simply skip that line. Count the number of circles per column. If your child has more circles in one column than the other column, that is the type of feeding problem your child likely has.

Please be aware that less than 50% of Picky Eaters will outgrow their feeding difficulty without professional help. Only 6% of Problem Feeders will outgrow their feeding issues without assistance from a Feeding Specialist. If your child has more circles in the Problem Feeders column, please locate a Feeding Therapist as soon as possible.