

**Problem Eaters: Is it Sensory, Behavior, Oral-Motor, or What?**  
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# Food Rules

1. Offer scheduled meals and snacks, with only sips of water between meals
2. meals under 30 minutes in length
3. Neutral mealtime environment- no criticism, praise, or discussion about what child eats.
4. No game-playing, toys, or distractions during meals (including TV)
5. Do not bargain or reward children with food
6. Do not distract the child with clean up- wait until after the meal
7. Encourage autonomy- as much independence as possible
8. Offer small portions, and refill the plate as needed
9. Playing with food is permitted, it is removed after 15 minutes if child does not eat
10. Meal ends if food is thrown by an angry child

Adapted from I. Chatoor, I. Dickson, S. Schaefer, & J. Egan, (1985). A developmental classification of feeding disorders associated with failure to thrive: Diagnosis and treatment in D. Drotar (ED.), *New directions in failure to thrive: Implications for research and practice*. New York: Plenum Press

# Guide to Textures

## Spoon Foods

<b>Puree- smooth texture</b>	Pudding, Stage 1&2 baby foods, smooth yogurt, custurd
<b>Thick Puree- evenly lumpy purees</b>	Tapioca, grits, oatmeal, cream of wheat, cottage cheese, Table food blended to an evenly lumpy texture
<b>Wet Ground- gritty, evenly lumpy food- a blender or food processor may be needed</b>	Sandwich spreads (ham, turkey, tuna fish), baby food meats, meats blended with sauce or gravy, egg salad, wet and finely ground beef, turkey, chicken, or pork
<b>Evenly chopped foods- cut with a knife and fork. Chewing is necessary</b>	Soft meats, bread products, fruits, or vegetable cut up evenly
<b>Mixed Textures- Uneven textures</b>	Casseroles, stews, soups, Stage 3 baby-food dinners, yogurt with diced fruit, rice and beans

## Finger food

<b>First Chewables-Foods that melt or mash in the mouth, and form a cohesive bolus</b>	graham crackers, sandwich wafer crackers, cheese curls, vanilla wafer cookies, peppermint patties
<b>Soft Chewables- Small pieces or strips of food that require minimal chewing</b>	Over ripe fruit and vegetables without husks, soft cold-cuts (turkey or chicken loaf), small noodles and beans, soft candy' pieces of scrambled eggs, pancakes, waffles, soft dry cereal
<b>Complex chewables- high risk for choking-strong, rotary chew needed grind food is necessary</b>	Tough meats, raw vegetables, fruits with skin, nuts, popcorn, hot dogs, hard or chewy candy, taco chips

Adapted from Women and Children Hospital of Buffalo's Feeding Clinic  
Texture Guidelines  
Donna Reigstad - April, 2006