

PICKY EATERS VERSUS PROBLEM FEEDERS

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
Foods lost due to “burn out” from Food Jagging are usually eaten again after a 2-week break	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
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)
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
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
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
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
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