

# PICKY EATING CHECKLIST

Yes

No

No sure

## Food Preferences

Does your child consistently prefer certain foods over others?

Are there specific textures or flavors your child consistently avoids?

Does your child express strong dislikes for entire food groups (e.g., vegetables, proteins)?

## Mealtime Behaviors

Does your child refuse to try new foods?

Is your child unwilling to eat foods that touch on the plate?

Does your child show signs of distress or anxiety during mealtimes?

## Limited Variety

Does your child have a limited range of foods they are willing to eat?

Are there only specific brands or versions of foods that your child will eat?

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## Sensory Sensitivities

Is your child sensitive to certain textures, smells, or colors of food?

Does your child avoid foods with mixed textures (e.g., crunchy and soft together)?

Does your child have strong reactions to new or unfamiliar foods?

## Difficulty with Food Transitions

Does your child struggle with transitions between different types of foods (e.g., from snack to meal)?

Does your child resist changes in routine related to meals (e.g., eating at different times)?

Is your child reluctant to try foods prepared in new ways?

## Mealtime Duration

Does your child spend an unusually long time eating a small amount of food?

Is mealtime often a stressful or tense experience for your child?

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**This checklist is a starting point and can be adapted to fit the specific circumstances of the child. It's important to note that picky eating can sometimes be a normal phase in childhood development, but if there are persistent concerns about nutrition or growth, consulting with a healthcare professional or a registered dietitian is recommended.**