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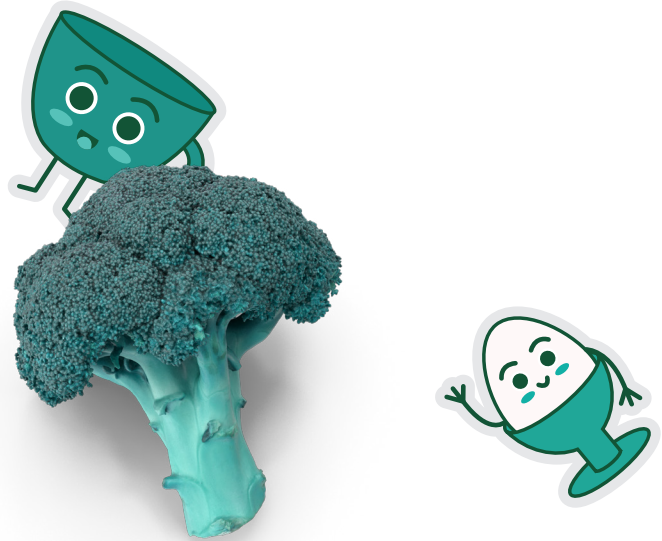
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Nutrition Tips and Tricks for Picky Eaters

Dear Triumph ABA Parents,

Mealtime can often feel like a battleground when you're raising a picky eater, especially when sensory sensitivities and rigid food preferences come into play. Many children with autism experience challenges with food—whether it's texture aversions, difficulty tolerating new flavors, or a strong preference for specific foods. However, with the right strategies, mealtimes can become more enjoyable and nutritious for your child.

In this edition of our newsletter, we're sharing practical and parent-friendly techniques to encourage healthy eating habits while respecting your child's unique sensory needs.



Whether you're introducing new foods, expanding food variety, or simply trying to make mealtime a stress-free experience, these tips will help foster a positive relationship with food.

With patience, creativity, and consistency, even the pickiest eaters can develop more balanced eating habits over time. Let's dive into strategies that will make mealtime a smoother and more successful experience for your family!



Tips

Tips for Encouraging Better Eating Habits

1

Start Small & Go Slow: Introduce new foods in tiny portions alongside familiar favorites. This reduces anxiety and increases the likelihood of acceptance over time.

2

Play with Presentation: Sometimes, the way food looks makes all the difference. Try cutting fruits and vegetables into fun shapes, using colorful plates, or arranging food into a visually appealing way to spark interest.

3

Make It a Sensory Experience: Let your child touch, smell, and explore new foods before expecting them to eat them. Exposure without pressure builds familiarity and comfort.

4

Offer Choices: Give your child a sense of control by providing two or three options instead of one. For example, “Would you like apples or carrots?” instead of just placing a new food on their plate.

5

Involve Your Child in Meal Prep: Kids are more likely to try foods they help prepare! Have them wash vegetables, mix ingredients, or arrange food on their plate.

6

Model Positive Eating Habits: Seeing parents and siblings enjoy a variety of foods can encourage children to try them, too. Eat together and make mealtime a social and engaging experience.

7

Be Patient & Stay Positive: It can take multiple exposures before a child accepts a new food. Celebrate small wins, and avoid making mealtime stressful by pressuring them to eat something they’re not ready for.

NEWSLETTER



TO
CHECK
OUT

Helping Your
Child with
Extreme
Picky Eating
by Katja
Rowell &
Jenny
McGlothlin

Food Chaining:
The Proven 6-Step
Plan to Stop Picky
Eating, Solve
Feeding Problems,
& Expand Your
Child's Diet by
Cheri Fraker

Raising a
Healthy, Happy
Eater: A
Parent's
Handbook by
Nimali
Fernando &
Melanie Potock

Mealtime and
Autism:
Strategies to
Promote Eating
Skills & Create
Positive Mealtime
Experiences by
Jenny McGlothlin

The Out-of-Sync
Child Has Fun:
Activities for
Kids with
Sensory
Processing
Disorder by
Carol Kranowitz

Quote of the month:

**Children learn as they play.
Most importantly, in play,
children learn how to learn.**

- O. Fred Donaldson



NEWSLETTER

We hope these tips and resources help make mealtime a more enjoyable and stress-free experience for both you and your child. Remember, progress takes time, and every small step toward better nutrition is a victory!