

# FOOD CHAINING FOR FEEDING CHALLENGES

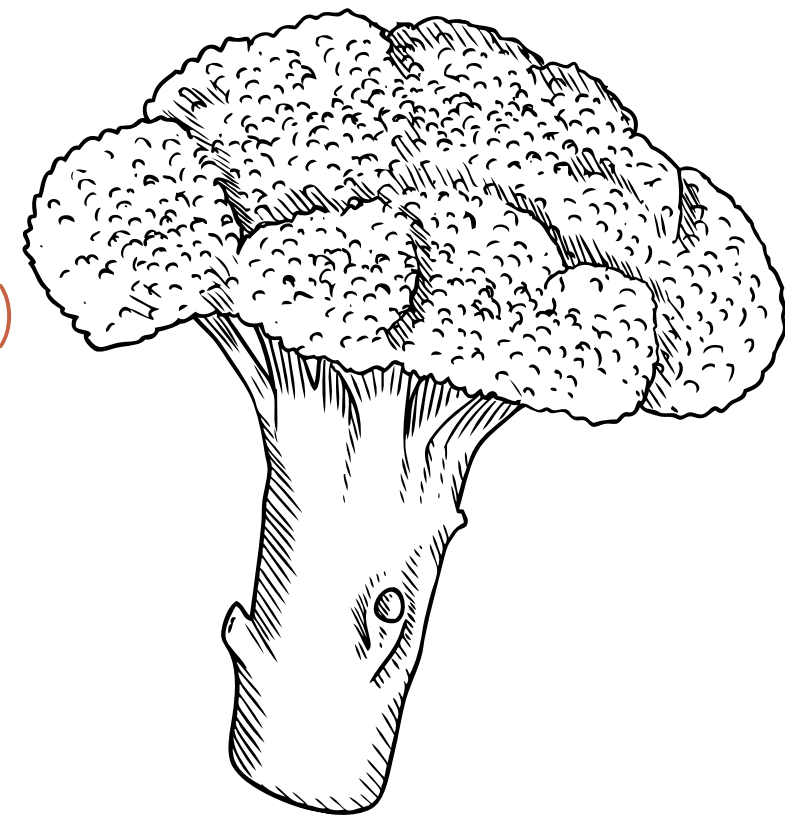
A new approach to food introduction



## WHAT IS FOOD CHAINING?

Food chaining is a method that starts with feeding a food a child likes, then using small changes to work toward a new food.

Choose foods similar in color, texture, shape and temperature to transition from the starting food (the liked food) to the goal food (the new food).



## FOOD CHAINING EXAMPLES

### POTATO CHIPS TO BANANAS

Potato chips--> Salted Plantain Chips--> Banana Chips--> Banana Slices--> Whole Banana

### PRETZELS TO CARROT STICKS

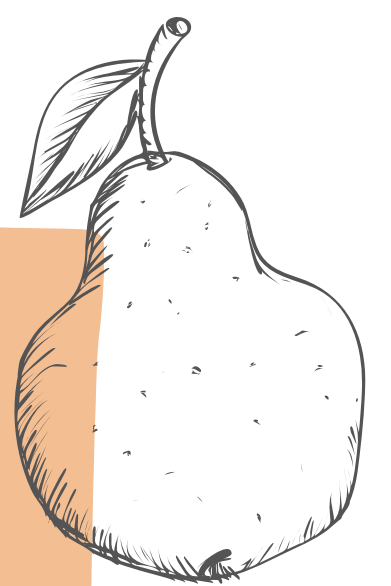
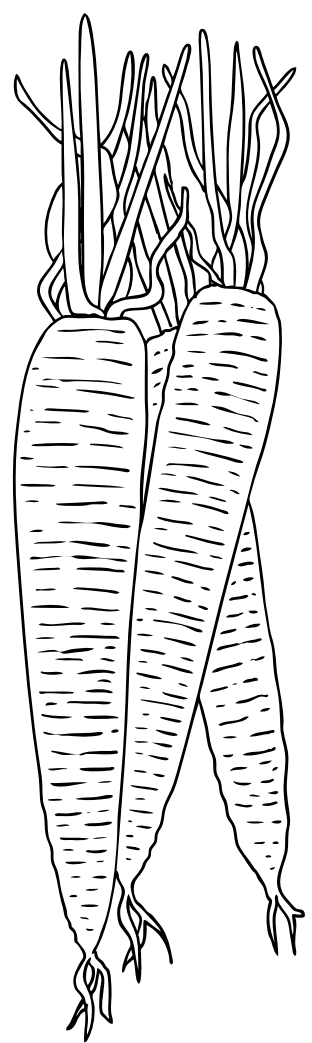
Pretzel Sticks--> White Veggie Straws--> Orange Veggie Straws--> Carrot Sticks

### CHICKEN NUGGETS TO BAKED FISH

Chicken Nuggets--> Breaded Fish Sticks--> Breaded Fish --> Baked Fish

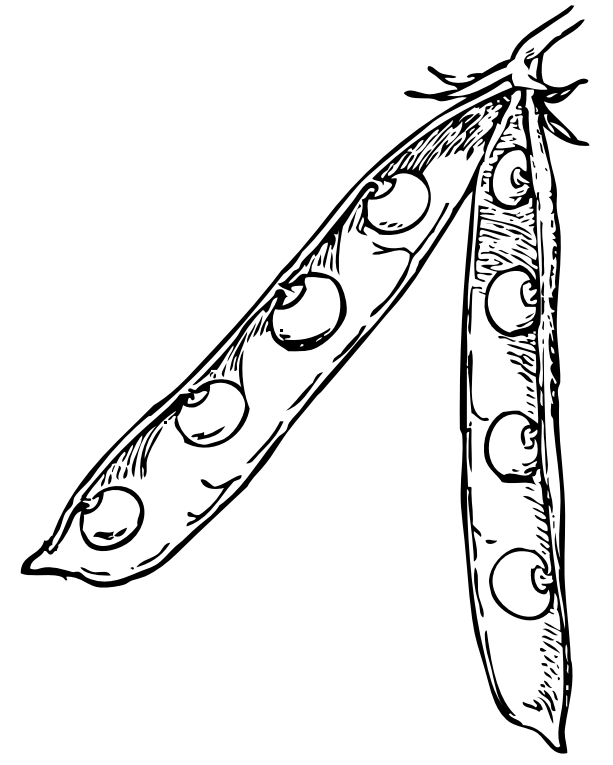
## TIPS FOR SUCCESS

- **Have fun and make it a game.** Encourage your child to take "mouse bites," "alligator bites," or touch the food with their tongue.
- Focus on **small steps** & try one new item at a time.
- **Keep trying!** Many children have to try a food more than 10 times before they start to like it.
- **Minimize distractions** while your child is eating. (For example, turn off screens, put pets in another room, etc.)
- Don't pressure your child; **let them decide** when they want to stop.
- **Plan** meals & snacks **ahead** of time. Let your child know when to expect a meal or snack.



# FOOD PREFERENCE EXERCISE

1. Make a list of every food your child will eat.
2. Break food down by its sensory profile:
  - Color (tan, white, yellow, green, red, etc.).
  - Texture (crunchy, soft, hard, sticky, squishy, etc.).
  - Temperature (warm, cold, room temp, etc.).
  - Shape (oval, stick, circle, etc.).
3. Write food ideas with similar qualities.



Favorite Food	Color	Texture	Temperature	Shape	Similar Foods

Start brainstorming ideas that match the sensory profile. Offering new foods that are similar to your child's preferred foods increase the chance they will try it - and maybe even like it!

## TRY YOUR OWN FOOD-CHAINING

Chicken Nuggets	→	Breaded Fish Sticks	→	Breaded Fish Filet	→	Baked Fish Fillet
	→		→		→	



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