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## Typical Eating is...

- 🍎 Rejecting foods because of their appearance or texture
- 🍎 Spitting out foods after tasting them
- 🍎 Liking a food one day only to reject it the next
- 🍎 Eating more one day than the next
- 🍎 Eating tiny portions one day and huge portions the next
- 🍎 Going on 'food jags' of only liking a few foods at one time
- 🍎 Becoming hungry soon after a meal
- 🍎 Being restless at mealtime
- 🍎 Needing to try a food up to 20 times (or more) before they accepting it

## When to worry...

- 🚩 Child is not growing properly
- 🚩 Child has lost weight or has become malnourished
- 🚩 Child's mood has changed significantly
- 🚩 Family meal dynamics are negatively affected in a drastic way