

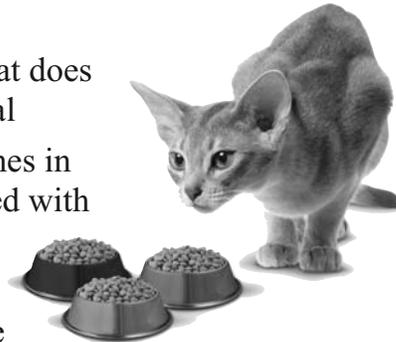
Are You Labeled a Picky Eater?

Picky eating often has many layers to it. The ability to interpret smells, tastes, sounds, touches, sights, and movements in our environment is completely unique for each individual. Throughout the day, we have various sensory inputs, and eating, which many of us do at least 3 times a day, is a huge sensory experience that most of us take for granted.

The root cause of choosing or refusing foods is not so simple; it can be a variety of reasons, from an inborn trait, experience driven, an individual's personality, associating certain foods with things they dislike, or simply preferences for certain foods. Studies have shown that those who have heightened sensory sensitivity are more likely to be more selective with their food choices.

Foods that have been more readily accepted include those that have smooth textures, crunchy sounds, melt in the mouth, dissolve quickly, and/or are brown in color; unfortunately many of these foods are also often poorer in nutritional content. Although there is no "quick fix" to helping picky eaters expand their food pallets, there are a number of potentially successful strategies.

1. Create a calm eating environment that does not put any pressure on the individual
2. Introduce the same food multiple times in different forms (such as cut up, mixed with other foods, prepared with different seasonings)
3. Give a variety of food choices on the plate, each with different shapes, colors, smells, and textures
4. Smaller size portions — they are less overwhelming
5. Presentation makes a big difference; introduce the foods in creative and fun ways and try to partner with foods that they like
6. Space meals 2.5-3 hours apart for optimal appetites, including snacks



*Adapted from <http://yourkidstable.com/sensory-processing-and-picky-eating>
and <http://projects.huffingtonpost.co.uk/articles/fussy-eaters>*

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796