

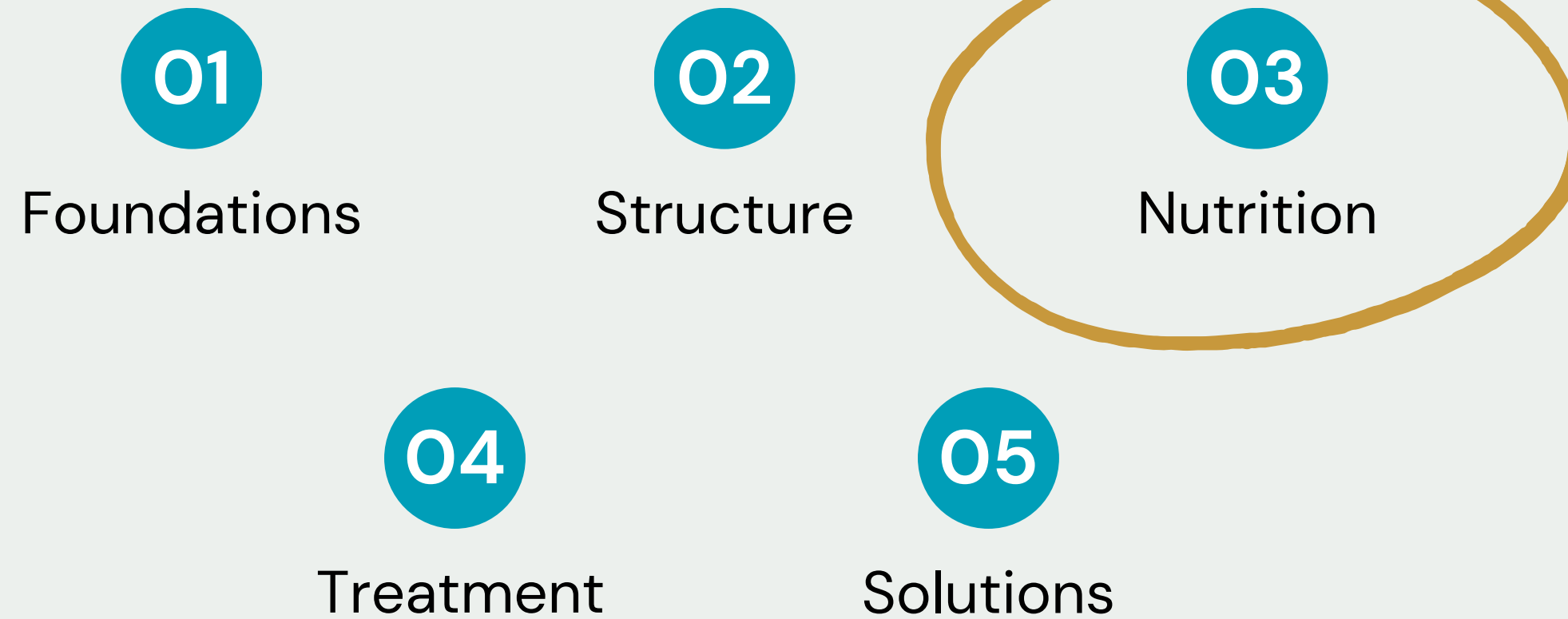


# TAKING STEPS TO OVERCOME RESTRICTIVE EATING AND TRANSFORM MEALTIMES

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# PROGRAM OVERVIEW



# NUTRITION PHILOSOPHY

## ● Average Intake

- Important to consider nutritional intake over several days rather than what's consumed in a single meal or day

## ● Food First

- Always prefer to get nutrition from foods (if possible)
- Fortified foods can be helpful to fill gaps in diet

## ● Supplements

- Fill the nutrition gaps while working on strategies to expand diet
- Provides reassurance to enable decreased pressure
- Required if there's a confirmed deficiency



# GROWTH

## ● Growth Charts

- In most children, weight, height, and BMI measurements follow consistently along a percentile curve over time
- The 50th percentile is not the goal for each child
- BMI-for-age is the recommended nutritional indicator for screening

## ● Parental Perception

- Parent's perceptions of their child's weight status affects feeding practices

## ● Underweight

- If your child is underweight (BMI <3rd%ile), losing weight, or not gaining weight then I would recommend discussing your child's specific circumstances with a Dietitian or Doctor in an individualized consultation



*Disclaimer: While I am a registered dietitian and care has been taken in preparing the information for you, it is not a substitute for individualized advice and may not be applicable for your child.*



# Meal Planning Guide

## PROTEIN FOODS

## CARBOHYDRATES

## FRUITS & VEGGIES

Preferred

Sometimes

Empty rounded rectangular box for Protein Foods

Empty rounded rectangular box for Carbohydrates

Empty rounded rectangular box for Fruits & Veggies



# PROTEIN & IRON

## ● Protein

- Food sources include: eggs, meat, poultry, nuts, seeds, fish, shellfish, milk, yogurt, cheese, beans & lentils, tofu, soy products
- Aim to offer 3-5 times per day
- Important for: growth, building and repairing muscles and bones, making hormones and enzymes
- Protein needs: Average ~1g per kg of body weight

## ● Iron

- Food sources include: eggs, meat, poultry, some nuts & seeds, fish, beans & lentils, tofu, soy products, fortified or enriched grain products
- Important for: growth, development, brain development, making hemoglobin which carries oxygen to the body
- Iron needs: 1-3yrs = 7mg, 4-8yrs = 10mg, 9-13yrs = 8mg, 14-18yrs = 11mg for boys & 15mg for girls
- Supplement *may* be needed
  - Chewable (Kidstar Nutrients), Liquid (PediaFer)



# CALCIUM & VITAMIN D

## ● Calcium

- Food sources include: milk, yogurt, cheese, fortified plant-based milks, tofu made with calcium sulfate
- Aim to offer 2–3 times per day
- Important for: building strong bones and teeth
- Calcium needs: 1–3yrs = 700mg, 4–8yrs = 1000mg, 9–18yrs = 1300mg

## ● Vitamin D

- Food sources include: fortified milk & plant-based milks, fortified margarine, egg yolk, fatty fish
- Important for: helping to absorb and use calcium for strong bones and teeth
- Vitamin D needs: at least 600 IU per day
- Supplement recommended
  - Dropper with a pipette (Orange Naturals Kids D3, CanPrev D3 Kids, Cyto D3 Kids; ~3–4 cents per day)





## ● Fats

- Food sources include: oils, butter/margarine, mayonnaise, nuts, seeds, fish, avocado, eggs, meat, poultry, milk & yogurt, cheese, cream cheese
- Important for: growth, energy, brain development, nerve function
- Fat needs: 1-3yrs = 30-40% of total calories, 4-18yrs = 25-35% of total calories

## ● Omega-3 Fats

- 3 main types: ALA, EPA, DHA
- Food sources include: oils, some nuts & seeds, fish, fortified eggs
- Aim to offer fish 2 times per week
- Important for: eye, brain & nervous system development
- EPA + DHA needs: not yet established
  - Most studies provide 120-1300mg per day
- Supplement *may* be needed
  - I usually recommend EPA + DHA: at least 100mg/day up to 15-20mg per kg of body weight

# FATS & OMEGA-3 FATS



# FRUITS, VEGETABLES & FIBRE

## ● Fruits & Vegetables

- Both fruits and vegetables are rich in fibre, vitamins, minerals, and antioxidants
- Aim to offer 4–5 times per day
- May benefit from a multivitamin if low intake

## ● Carbohydrates

- Most important source of energy, also provide fibre, B vitamins, and minerals
- Aim to offer 4–5 times per day

## ● Fibre

- Food sources include: whole grains (whole grain bread, oatmeal, brown rice, whole grain pasta, popcorn), beans & lentils, fruits & vegetables, nuts, seeds (flax seeds, chia seeds)
- Important for: normal bowel movements & gut health
- Fibre needs: 1–3yrs = 19g, 4–8yrs = 25g, 9–18yrs = 26–38g



# MEAL PLANNING

Suggested Meal & Snack Structure:



- Always include at least one preferred food with each meal and snack
- Allow more servings from the foods offered – even if it's only the preferred food
- Try to rotate the food group that the preferred food comes from over the course of the day

# MEAL PLANNING



Strategies for family meals:

- family-style serving
- deconstructed meals
- advanced notice
- invite input in meal planning

Ultimately, we want to serve only ONE family meal.

Remember to consider nutritional intake over *several* days rather than what's consumed in a single meal or day.

# DIVISION OF RESPONSIBILITY

*(reminder)*



Parents/caregivers are in charge of:

- what food is offered
- the time it's served
- where eating happens

The child is in charge of:

- how much they eat of what you offer
- whether they eat at all

# FOOD JAGGING



Food jaggging is when a child eats the same foods prepared in the same way, every day. Eventually they are likely to get tired of these foods and they are usually lost from the child's diet permanently. This results in a list of preferred foods that gets smaller and smaller.

The best way to prevent this from happening is by:

- Spacing out providing the same food prepared the same way by at least 2–3 days
- Including small variations in preferred foods
  - Different brand or packaging
  - Different colour or flavour
  - Different shape

# DISCUSSION & REFLECTIONS



What worries do you have about your child's nutrition or growth?

What obstacles are standing in your way of serving one family meal?

How did your progress go with the goals you set last week?  
Would anyone like to share one of their goals?

# ASSIGNMENT I

## MEAL PLANNING



### Meal Planning Guide – Foods Lists

- Fill in your child's preferred & sometimes eaten foods in each group
  - Be as specific as your child's preferences are
- Don't fill in the learning box – you'll use this next week with Lauren
- If you find it helpful, you can fill in the non-preferred foods on the second page (optional)



### Meal Planning Guide – Meals & Snacks

- Using the suggested meal & snack structure, your child's preferred food list and the other strategies discussed this week:
  - Plan 3 breakfasts, 3 lunches, 3 family dinners, and 3 snacks
- You can refer back to the 3 day food record to see what you offered and how you could tweak it to optimize each meal and snack incorporating what we discussed



# ASSIGNMENT 2

## IDENTIFYING POSSIBLE NUTRITION GAPS



### Review food record & preferred food lists

Look at your child's food record and preferred food lists compared to the food sources of the nutrients highlighted today.

- Are there nutrients that you suspect your child is not getting enough of?
- Do you think you can increase the frequency you are offering those types of foods to help meet your child's needs?
- Do you think your child needs a supplement to help meet their needs for now? Do they have any medical conditions or are they on any medications that might affect the safety of providing a supplement?
- Has their intake been very low for a long time? If so, I recommend talking to your doctor to see if any further tests are needed (for example: a blood test to assess for iron deficiency).