

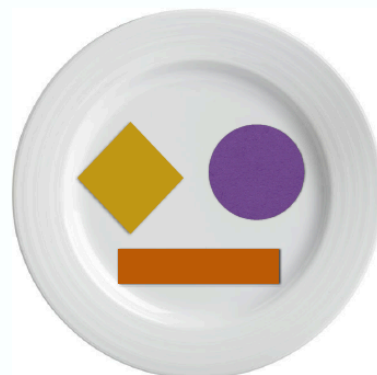
Plates of Preferred Foods with *one* Novel Food Item

Approach #3

- Perhaps the least “stressful” approach as perceived by the child.
 - The most manageable approach from the Parent’s perspective.
 - To be conducted within at least one meal time a day.
1. Provide the child about 1/3 of his normal portion of preferred food items on the first plate, along with a small amount of the novel food item.
 2. The second plate with 2/3 of this normal portion will be offered only when the child has taken a small bite for the novel food item from the first plate.
 3. The child typically eats all of the preferred items on the first plate before pausing and then eventually eating the novel food item.
 4. The size of the novel food item can be relatively small.
 5. Rotate different novel food items throughout the week at each meal (keeping to about 3 to 5 novel food items per week).
 6. Continue with the same novel food items until the child either begins to eat the novel food item without pause or when he chooses to start eating the novel food item before he finishes with the typical, historically more preferred food items on his plate. Once the novel food item becomes chosen, it is no longer “novel” and can be offered at different meals along with other preferred (or tolerated) food items. Add a new novel food item to take the place of the the previous one within the rotation.



Preferred Foods
(a small portion)
with one Novel food item



**More of the
Preferred Foods**