

COMMON RED FLAGS ASSOCIATED WITH PICKY EATING BEHAVIORS

Organic Red Flags

- Aspiration
- Dysphagia
- Vomiting and/or diarrhea
- Failure to thrive
- Pain with feeding
- Inability to advance textures
- Developmental delay
- Presence of other medical condition

Environmental Red Flags

- Reported force-feeding
- Reported presence of distractions at mealtimes (eg, books, toys, television)
- Reported increased stress levels at mealtimes
- Prolonged mealtimes
- Inability to advance textures
- Absence of independent feeding

Behavioral Red Flags

- Anticipatory gagging
- Food selectiveness
- Cessation of oral intake after a traumatic incident
- Extended periods of food refusal (>1-2 weeks)
- Inability to advance textures or transition to cup feeding
- Poor sleep patterns or insistence on eating/drinking overnight
- Absence of independent feeding
- Tantrums at mealtimes
- Extended mealtimes