

**Assignment:** Create a list of ALL foods your child eats currently broken down into food groups like the one below.

When planning meals for the family, incorporate at least one of these foods from each meal trying to vary food groups. For example, if your child’s “safe” food for lunch was chicken nuggets (protein), try to incorporate a safe starch and a vegetable and/or fruit into the evening meal.

**The purpose of the exercise:** Create nutritional balance within the limited diet your child is currently eating. Please note that you do not have to create a whole separate meal for your child or make sure that all of the food groups are presented at each meal. 1-2 foods are enough, incorporated into the meal for all family members, rather than served specifically for the selective eater.

Protein	Starch	Fruit	Vegetable	Diary / Can double as protein
chicken nuggets	rice	apples	cucumber	Milk
hummus	french fries	strawberries	tomato sauce on pasta	Vanilla yogurt
	sandwich bread	Fruit leather		
	mashed potato	bananas (sometimes)		
	pasta			
	crackers			