

When to Worry

Picky Eating in Toddlers

Normal Eating Behaviors

- ✓ Refuses vegetables or certain textures intermittently
- ✓ Has strong food preferences (favorite foods eaten daily)
- ✓ Goes through food jags (eats only one type of food for a while)
- ✓ Plays with food or touches it before eating
- ✓ Needs multiple exposures before accepting new foods
- ✓ Eats more or less depending on growth spurts or illness
- ✓ Shows independence (wants to self-feed or say 'no')

Note: This guide is intended for informational purposes and is not a substitute for medical advice. If you notice multiple red flags or have concerns about your child's nutrition or development, consult with a pediatrician or feeding specialist

Red Flags

- ⚠ Eats fewer than 10–15 foods total
- ⚠ Has difficulty chewing or swallowing
- ⚠ Chokes, gags, or vomits frequently at meals
- ⚠ Refuses entire food groups (e.g., no proteins, no fruits)
- ⚠ Experiences intense distress when introduced to new foods
- ⚠ Only accepts very specific food preparation (e.g., brand, shape, temperature)
- ⚠ Demonstrates delayed oral motor development (difficulty using utensils, chewing)
- ⚠ Significant weight loss or failure to gain weight over time



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