



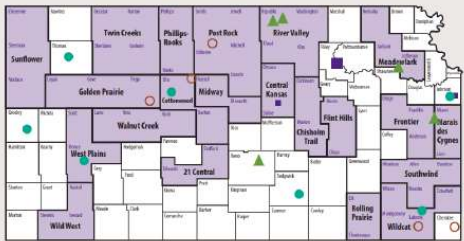
# Tackling Feeding Issues

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EXTENSION MASTER FOOD VOLUNTEERS

**K-STATE**  
Research and Extension  
Johnson County

### A PRESENCE IN EVERY COUNTY



**21** district units  
**46** county units  
**12** research centers and satellite stations  
**5** experiment fields

### Our Work is Supported by Thousands of Volunteers...

4H - 6,442 (5 year average)  
Master Gardeners - 1,889  
Master Food - 128  
Master Naturalist - 185

# A Little Bit About Me & Extension

I am the Nutrition, Food Safety, Health Agent for Johnson County.

I am a Registered Dietitian Nutritionist.

I have degrees in Exercise Science, Nutrition, and Public Health.

I love to cook, be outdoors, and go on long walks.

Extension has a presence in every county and our work is supported by thousands of volunteers.



Let's gather a little information before we get started....

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Scan QR code or go to  
website

Join at [menti.com](https://www.menti.com)

Code: 4789 1529



# Objectives

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Review current basics of nutrition and dietary guidelines

Know the common causes and signs of food issues

Learn tips for addressing food issues

Learn how to engage clients



# Power of Food

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- We eat not only to fuel our bodies
- Eat with emotions
- Food capitalizes on our five senses
- Food is culture
- It brings people together
- Celebrates occasions
- Can define a social class (e.g., organic vs food pantry)
- Food brings happiness!
- Memories of the past – Grandma's cookies

# Food and Nutrition The Basics

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Calories

Nutrients

- Carbohydrates (including fiber)
- Protein
- Fat
- Vitamins
- Minerals
- Water



# Dietary Guidelines for Americans

1. Follow a healthy dietary pattern at every stage of life.
2. Enjoy nutrient-dense food and beverages that are customized to personal preferences, cultural traditions, and budget considerations.
3. Focus on meeting food group needs with nutrient-dense options, and stay within recommended calorie intake.
4. Limit foods and beverages higher in added sugars, saturated fat, sodium, and limit alcohol.
  - Added sugars—Less than 10 percent of calories per day
  - Saturated fat—Less than 10 percent of calories per day
  - Sodium—Less than 2,300 milligrams per day
  - Alcoholic beverages— limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women



# MyPlate Guidelines

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Make half your plate fruits and vegetables.

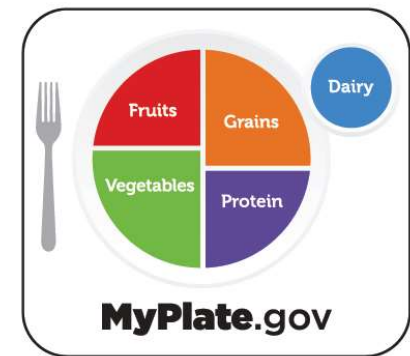
Focus on whole fruits, not fruit juice.

Vary your vegetables.

Make half your grains whole grains.

Vary your protein, include animal, plant-based, and seafood.

Choose low-fat or fat-free dairy options.



*Use the MyPlate Plan to learn how much you should consume in each of the food groups and your estimated calorie needs.*

<https://www.myplate.gov/>



# Possible Reasons for Eating Challenges

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## Food Aversions

strong dislike or avoidance of certain foods, due to past negative experiences

## Texture Sensitivities

discomfort or aversion to certain textures of food in the mouth

## Physical Difficulties

chewing, swallowing, or “behavioral” problems develop after attempts don’t go well

# Possible Reasons for Eating Challenges

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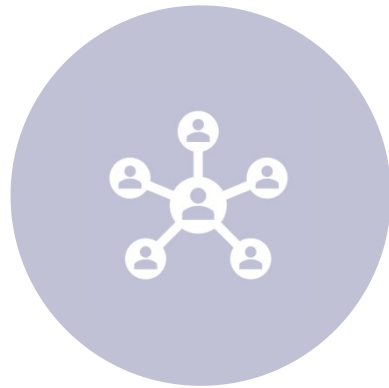
Experiencing sensory food sensitivities can lead to refusing any food that looks, feels, smells, or tastes like another food they had that triggered their sensory processing disorder.

It can also cause them to want to stick to foods that they know are “safe” for them, even if a new food smells or looks appetizing.



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# Consistent VS Inconsistent Foods



**SOCIAL**

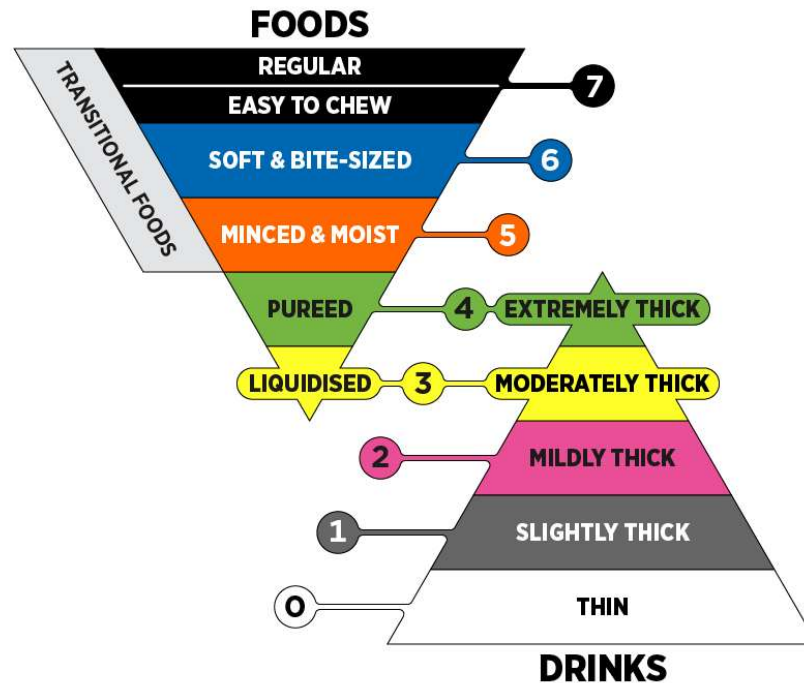


**NUTRITIONAL**

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# The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



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Derivative works extending beyond language translation are NOT PERMITTED.



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# Sensitivities to Foods

Texture: slimy, crunchy, creamy, crumbly, greasy, gooey

History: food poisoning, food allergies

Color: green smoothies, brownish foods

Odor: broccoli, cauliflower, fish

Sight: tells us how we think food might taste

Taste: sweet, sour, bitter, salty, smoky or savory

Sound: the way it sounds when chewed, sound coming off spoon

# Setting the Stage for Success = Structure & Routine

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Provide a consistent seat at the table.

Provide a verbal cue (lunch in 5 minutes).

Provide transitional activity- time to wash hands, then sit at the table.

Provide a visual cue, observation of others eating.

Provide oral motor stimulation.

Provide consistent mealtimes.











Have everyone help clean up plates after eating.

# Making Meal Time Pleasant: Tips to Addressing Food Issues

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- Gradual exposure – incorporate small amounts into familiar dishes (adding vegetables into pasta), gradually increase over time.
- Visual aids – posters and other visuals
- Modeling behaviors – you eat the food as well
- Food pairing and mixing – pair at least one liked food with disliked food
- Positive reinforcement and praise
- Respecting individual preferences
- Patience and persistence
- Vary your cooking techniques (sautéed, roasted, steamed) and temperatures (cold vs hot) as it alters food textures and taste and find which method works best
- Understand hunger and fullness cues.



<b>1</b>		Starving, painfully hungry (feel ill)
<b>2</b>		Very hungry, irritable, stomach growling a lot
<b>3</b>		Pretty hungry, stomach is beginning to growl
<b>4</b>		Starting to feel hungry
<b>5</b>		Satisfied, neither hungry or full, neutral
<b>6</b>		Mildly full
<b>7</b>		Slightly uncomfortable
<b>8</b>		Feeling too full
<b>9</b>		Very uncomfortable, stomach hurts
<b>10</b>		Extremely full, painfully full (feel ill)

# Making Meal Time Pleasant: Tips to Addressing Food Issues

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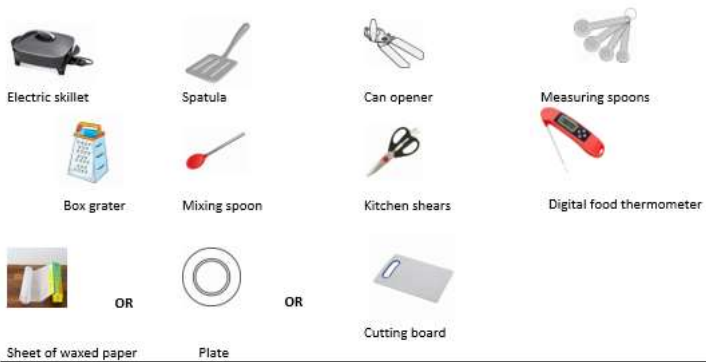
- Involving individuals in food preparation and cooking with others
- Talk about food, look at it, play with it, etc. – mindful eating and learning how food help nourish our bodies
- Provide at least 1 preferred food at each meal
- Don't serve the same food twice in one day
- Don't serve a food more than 3x in a week
- Put new food on everyone's plate
- Routine
- Blend textures – put non preferred foods into smaller pieces and pair in another mixture (e.g. yummy sloppy joe)

## Yummy Sloppy Joes

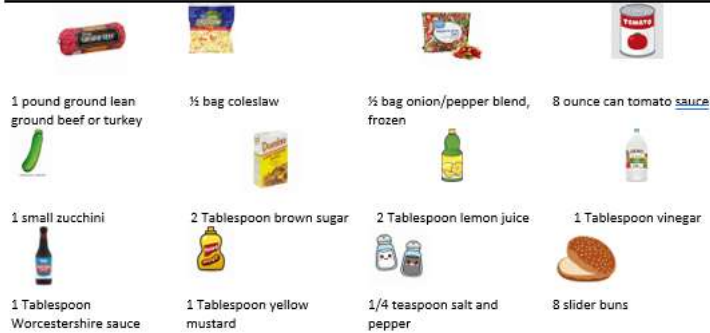
Makes 4 Servings; 2 sliders per serving

Nutrients Per Serving:  
350 Calories | 9g Fat (3g Saturated) | 38g Carbohydrates | 7g Added Sugar | 31 Protein | 670 mg Sodium | 2g Fiber

### Equipment Needed



### Ingredients Needed



### Directions

(Tbsp = tablespoon, tsp = teaspoon)



# Oral Motor Input

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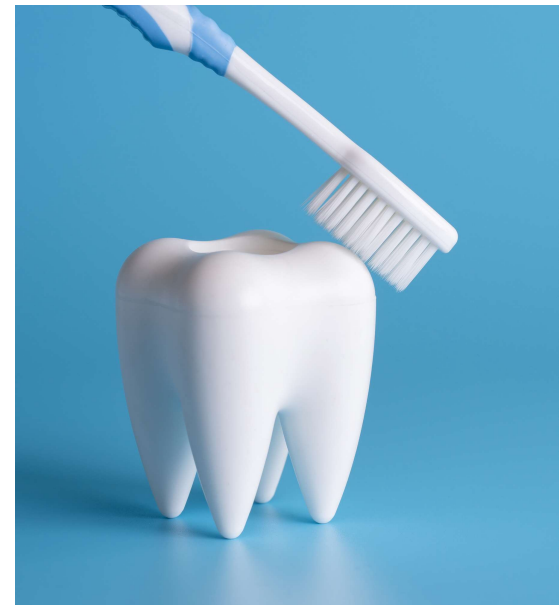
Use a dry washcloth on cheeks, chin, and upper lip in a circular motion

Provide a frozen treat prior to a meal (frozen grapes)

Provide thick shakes/smoothies

Use an electric toothbrush prior to a meal

Place the utensils in the freezer for 10 minutes prior to a meal





# Client Engagement

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Provide choices.

- Would you like a big spoonful or a little spoonful?
- Would you like broccoli or asparagus?
- Do you want your broccoli steamed or baked?

Encourage clients to help with meal preparation.

Take to the grocery store and have them help pick out food from each food group

Take about how the food tastes, smell, feels, and looks when shopping, eating and cooking

Allow “playing with food” to help overcome food aversions and different textures.

# Client Engagement

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Engage in food preparation as much as possible.

- Set the table
- Wash fruits and vegetables
- Cut/tear the food
- Stir the food

Changes don't happen overnight, it takes time, energy, and consistency!

Taste change over time, it's okay not to like something but a variety of foods need to be exposed to over time.

- Our taste buds change about every 2 weeks!

Research found that picky eaters are more anxious and depressed and tasted bitter and sweet more intensely.

Eating is supposed to be an enjoyable, social experience, try to support that and create a pleasant meal time.

# SMART Goals for Success

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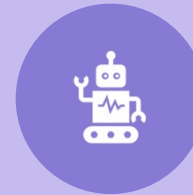
**S**  
SPECIFIC



**M**  
MEASURABLE



**A**  
ACHIEVABLE



**R**  
RELEVANT



**T**  
TIME BOUND

# Activity Time



Think about what policies, or lack of policies, you have in your facility related to addressing mealtime.



Share in the chat.



Identify at least ONE new policies or changes to existing policies or activities that will provide an environment that supports those with food texture.



Write out one SMART goal for each policy or activity you intend to implement.



# Resources

*\*Some of these are child focused but ideas can still be used for all audiences with feeding sensitivities.*

<https://www.crossrivertherapy.com/autism/managing-eating-challenges-in-autism#:~:text=Encouraging%20food%20exploration%20can%20help,as%20stirring%20or%20mixing%20ingredients.>

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences>

<https://www.advancingnutrition.org/resources/disability-resource-bank>

<https://www.autismspeaks.org/expert-opinion/autism-food-refusal-mealtime-tips>

<https://www.theottoolbox.com/food-texture-issues/>  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8535628/.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8535628/)

<https://www.autismspeaks.org/expert-opinion/autism-and-food-aversions#:~:text=Autism%20often%20comes%20with%20hypersensitivity,smooth%20out%20the%20offending%20texture.>

<https://pubmed.ncbi.nlm.nih.gov/30400944/>

<https://pubmed.ncbi.nlm.nih.gov/25747855/>

# QUESTIONS?

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# Contact Us & Follow on Social Media

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# THANK YOU!

Please take a few seconds to complete our survey.  
Scan the QR code with your camera phone or follow this link:

[https://kstate.qualtrics.com/jfe/form/SV\\_03wo7595l6XDlv8](https://kstate.qualtrics.com/jfe/form/SV_03wo7595l6XDlv8)

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