

Food Sensory & ASD

Tips for Caregivers

Food preferences are the result of sensory aversion or sensory seeking behavior. Depending the severities affect on intake, it can lead to nutritional deficiencies.



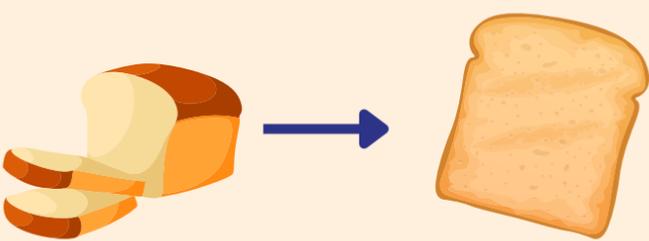
Look for patterns in their eating behavior, do they prefer crunchy or soft? Hot or cold? Simple or strong flavors?

Ask them what foods or textures they like to eat best, or what a typical meal looks like for them.



Easy Swaps for Texture Preferences

- Banana chips over soft bananas
- Roast broccoli versus steamed
- Toast sandwich breads



Easy Swaps for Temperature Preference

- Fresh vegetables over cooked vegetables
- Grilled Cheese over Cold Sub

