Pediatric Feeding Disorder is defined as impaired oral intake that is not age-appropriate and is associated with medical, nutritional, feeding skill, and/or psychosocial dysfunction.

Your Child May Benefit From A Referral For Help If Any Of The Following RED FLAGS Are Present.

- Poor Weight Gain Or Weight Loss
- Respiratory Issues
- Choking, Gagging Or Coughing
- Picky Eating
- Vomiting
- Aversion Or Avoidance
- Food Range Less Than 20 Foods
- Traumatic Choking Incident
- Meal Times Are Battles
- Inability To Transition To Baby Food Purees By 10 Months Of Age
- Inability To Transition From Breast/ Bottle To A Cup By 16 Months Of Age
- Has Not Weaned Off Baby Foods By 16 Months
- Difficult For Everyone To Feed

When Picky Eating becomes a Problem:

<table>
<thead>
<tr>
<th>Picky Eaters</th>
<th>Vs</th>
<th>Problem Feeders</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Decreased range of variety of foods; will eat at least 30 foods.</td>
<td>- Restricted range or variety of foods, usually less than 20 different foods.</td>
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<tr>
<td>- Able to tolerate new foods on the plate and can usually touch or taste a new food (even if reluctantly).</td>
<td>- Cries and “falls apart” when presented with new foods, with complete refusal.</td>
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<tr>
<td>- Eats at least one food from most food texture or nutrition groups (i.e., purees, meltables, proteins, fruits).</td>
<td>- Refuses entire categories of food texture or nutritional groups (i.e: hard mechanical, meats, vegetables, soft cubes) .</td>
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<tr>
<td>- Frequently eats a different set of foods at a meal than the rest of the family (typically eats with the family).</td>
<td>- Almost always eats different foods at a meal than the rest of the family (often doesn’t eat with the family).</td>
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<tr>
<td>- Sometimes reported by parent as a “picky eater” at well-child check-ups</td>
<td>- Persistently reported by parent as a “picky eater” across multiple well-child check-ups.</td>
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<tr>
<td>- Foods lost due to “burn out” because of food jag are usually re-gained after a 2-week break</td>
<td>- Foods lost due to food jags are NOT re-acquired after taking a break, often resulting in a decreasing number of foods in repertoire.</td>
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<tr>
<td>- Will add new foods to repertoire in 20-25 steps on Steps to Eating Hierarchy.</td>
<td>- Adds new flavors in more than 25 steps on the Steps to Eating Hierarchy.</td>
<td></td>
</tr>
</tbody>
</table>

References:
- “Why Children Won’t Eat: Understanding the “Why’s” and How to Help”, X
d- “Red Flags - Is this child a candidate for referral?”, Copyright 1998/2010, “Common Reasons Children Won’t Eat”;
- “Pediatric Dysphagia: Overview”, ASHA, Signs and Symptoms.
- “Pediatric Feeding Disorder - Consensus Definition and Conceptual Framework”, JPN, Volume 68, Number 1, January 2019