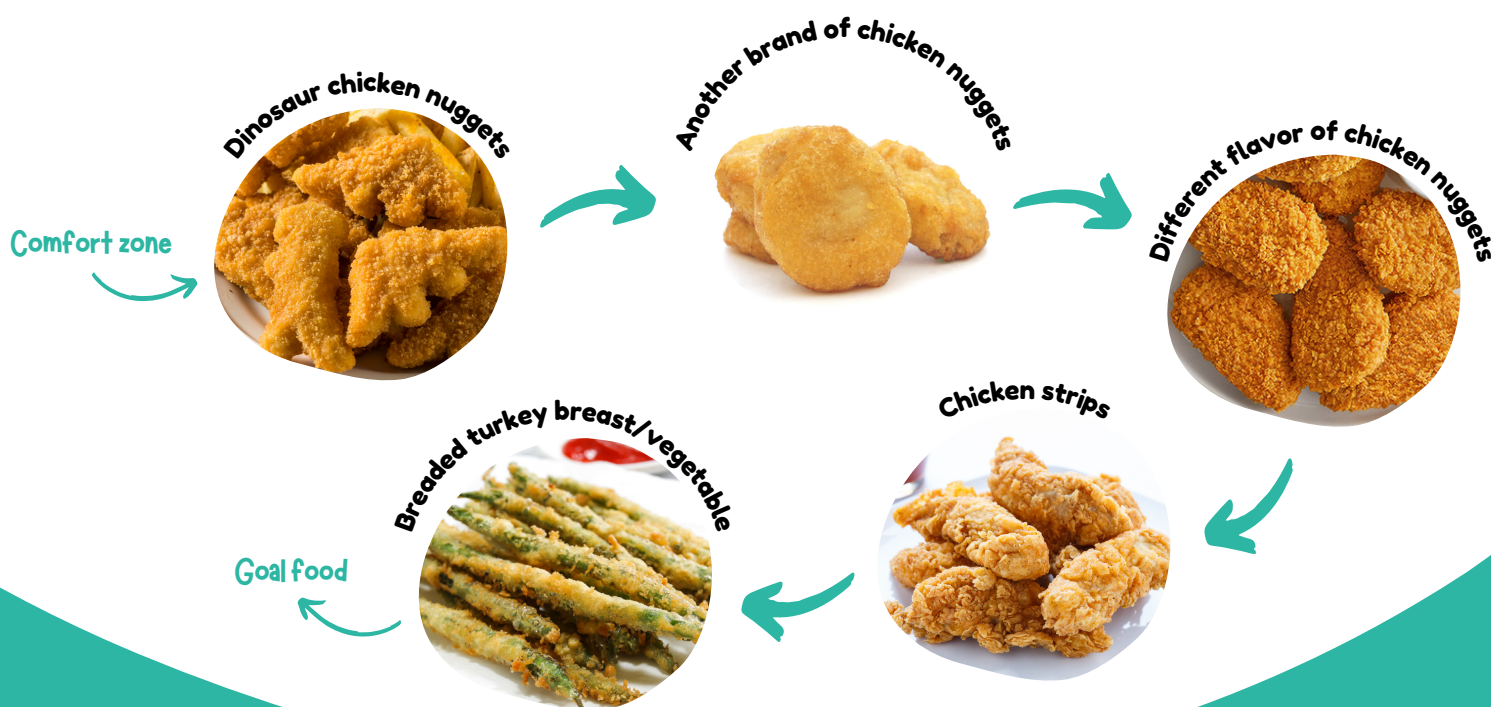


# Want to introduce a new food to a picky eater?

**Try food chaining.** Food chaining is a child-friendly treatment approach that helps introduce new foods while building upon the child's past successful eating experiences. In this process, the child is presented with new foods that may be similar in taste, color, or texture to food that the child already likes and accepts. These similar foods are used to create the "food chains" or links between the foods a child already accepts and the new, targeted food that we would like the child to eat.



## Where can I find a trained food chaining therapist?

**Michigan Pediatric Therapy** has occupational therapists that are trained in the food chaining process and treatment approach. Please contact us if you have any additional questions regarding food chaining.

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