

## **NUTRITION GUIDELINES FOR CHILDREN WITH FOOD SELECTIVITY**

### **The Rule of 3**

Each child should be able to eat:

- 3 different breakfasts
- 3 different lunches
- 3 different dinners

Each child should eat:

- 3 different protein foods
- 3 different grain and cereal foods (bread, cereal, pasta, rice, etc)
- At least 3 different fruits
- At least 3 different vegetables ( a combination of starchy and non starchy vegetables)
- At least one dairy product or substitute (substitute= soy products, etc)

### **The fruits that have the most “nutrition bang” for your buck:**

- Stone fruits (apples, pears, plums, apricots, peaches, nectarines)
- Berries
- Citrus fruits

### **The non starchy vegetables that have the most “nutrition bang” for your buck:**

- Tomatoes and tomato products
- Cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts)
- Green leafy vegetables ( red and green leaf lettuce, salad greens, kale, chard, spinach, etc)

### **The starchy vegetables that have the most “nutrition bang” for your buck:**

- Soup Beans
- Root vegetables: carrots, radishes, turnips, potatoes, sweet potatoes
- Corn and peas

CED Feeding and Swallowing Clinic  
959 Hartman Run Road  
Morgantown, WV 26505  
Phone: (304) 293-4692 ext 1148; Fax: (304) 293-4692  
[www.cedwvu.org](http://www.cedwvu.org)