Food Chaining

CHICKEN NUGGETS

A 4 step process to increase food choices and help kids eat healthier

To learn more, please contact CARD or reference our online training “Addressing Feeding Issues” at http://card-usf.fmhi.usf.edu/resources/training.html

You can also find other resources on nutrition at http://card-usf.fmhi.usf.edu/resources/materials/nutrition.html

Florida’s First Choice for Autism Support

The Center for Autism & Related Disabilities (CARD) provides support and assistance with the goal of optimizing the potential of people with autism spectrum disorder and related disabilities.

card-usf.fmhi.usf.edu

Center for Autism & Related Disabilities at USF
College of Behavioral & Community Sciences
University of South Florida
13301 Bruce B. Downs Blvd. MHC 2113A
Tampa, FL 33612-3899

In Florida: 1-800-333-4530 or 813-974-2532

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Food chaining is a 4 step process starting with a food the child is currently eating consistently. You can assist him to expand options of other foods by adding small changes and building upon success.

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maintain &amp; Expand Current Taste &amp; Texture</td>
<td>Vary Taste Maintain Texture</td>
<td>Maintain Taste Vary Texture</td>
<td>Vary Taste Vary Texture</td>
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<tr>
<td>Other brand or sizes such as chicken strips, chicken fries or popcorn chicken. Store bought instead of fast food.</td>
<td>Different flavored such as BBQ. Use sauces or dips to vary taste.</td>
<td>Grilled instead of fried. Cut up chicken breast or drumstick</td>
<td>Fish sticks, breaded pork chop, hamburger, or popcorn shrimp.</td>
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