

To learn more, please contact
CARD-USF. You can also find
more nutrition resources on our
website at
<https://usf.to/autism>



Center for Autism & Related Disabilities

UNIVERSITY OF SOUTH FLORIDA

Florida's First Choice for Autism Support

CARD-USF provides support and assistance with
the goal of optimizing the potential of people with
autism spectrum disorder and related disabilities.

<https://usf.to/autism>



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

Call: 813-974-2532

A Program of



Food Chaining **FRENCH FRIES**

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

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

Adapted from: Food chaining: The proven
6-step plan to stop picky eating, solve feeding
problems, and expand your child's diet. Fraker,
C., Fishbein, M., Cox, S., & Walbert, L.
(2007). New York: Marlowe & Co.

LEVEL 1

Maintain & Expand
Current Taste & Texture

Other brand or sizes such as
store bought instead of fast food.



LEVEL 2

Vary Taste
Maintain Texture

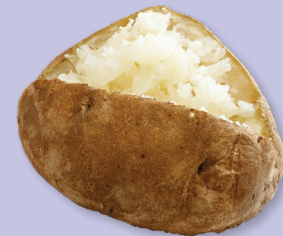
Different flavored such as
sweet potato or zesty. Use sauces
or dips to vary taste.



LEVEL 3

Maintain Taste
Vary Texture

Baked potato or mashed potatoes.



LEVEL 4

Vary Taste
Vary Texture

Sweet potatoes, baked or boiled.

