

Nutrition Education Resources

As parents, we know many of our children are picky eaters, prefer only a small variety of foods, and often refuse to try new food choices. Here are a few online resources where you can find information, picture stories, and some visual ideas to use to help your child understand what healthy foods are, and perhaps be more willing to try something new.

Tip Sheets and Handouts

[Eating and Nutrition](#)

Up to three-fourths of children with autism spectrum disorders (ASDs) are reported to have problems related to eating.

[Nutrition and Eating Problems](#)

Children with ASDs may be picky eaters, so their parents may be concerned that they are not getting the nutrients they need.

[Preschooler Mealtime](#)

Learn how to support STEM learning during mealtimes!

[Social Narrative Template to Help Hesitant Eaters Try New Foods](#)

Melanie Potock created this helpful template for creating mealtime social narratives.

[Read the Label Youth Outreach](#)

Read the Label Youth Outreach materials challenge kids (ages 9 to 13) to look for and use the Nutrition Facts label on food and beverage packages.

[Food Chaining for ARFID](#)

Steps to Introducing New Foods or Fear Foods.

[FDH: Food Allergies vs. Food Intolerances](#)

Florida Department of Health has made accessible the 'Food Allergy Fact Sheet' which deciphers the difference between food allergies and food intolerances. FDH provides the signs of food allergy symptoms and how to obtain medical statements to avoid and substitute these foods. Children and adults with autism often times have a sensitivity to certain foods and products and the non-life threatening food allergies/intolerances could go unrecognized if signs and symptoms are not of knowledge.

Autism and diet: Food Fact Sheet

The British Dietetic Association, a leading researcher in autism spectrum disorders, provides information to parents and professionals on eating problems with children on the spectrum. It addresses the pick eating behavior, helpful mealtime strategies, and the role a dietician plays.

ATN/AIR-P Guide to Exploring Feeding Behavior in Autism

Learn more about the guide on the [Autism Speaks website](#).

The Food Pyramid and Living Healthy

- [Espanol](#)

Videos, Podcasts, and Articles

CARDCAST - Nutrition

3 Connections Between Autism, Diet, and Behavior

Icing on the Cake

Autism and Supplements (Video)

Mealtime and Children on the Autism Spectrum: Beyond Picky, Fussy, and Fads.

ASD and Diet

People with ASD often repeat behaviors and have narrow, obsessive interests. These types of behavior can affect eating habits and food choices. This article provides nutrition strategies.

National Institute of Child Health and Human Development Nutritional Therapy

Food Assistance

Women, Infants, Children (WIC)

Visit the [Florida Health website](#) to learn more about the program and who is eligible. [Find your local WIC office](#)

For Adults with Disabilities: Access Florida

Apply food assistance such as SNAP or SUNCAP.

Florida Association of Food Banks

13 regional food distribution centers provide food donated by farmers, manufacturers, restaurants, and stores. Dial 211 from any phone in Florida to be connected to the United Way Help Line. 211 will help you to identify emergency food pantries and other human services available nearest to your home. Many food pantries have eligibility rules, such as proof of income, hardship or residency.

Get Help Florida: Food Pantries by City

The Get Help Florida site helps families locate not only food pantries, but other important resources such as Food Stamps application, WIC locations, Meals on Wheels, and summer food programs for children.

Community Farmers Markets (Florida Department of Agriculture and Consumer Services)

These are the markets that are open on certain days each week, often from October to May each year, offering local produce, crafts, food products and other items. At this link, enter the county name in the search window for a list of markets in that county.

Families enrolled in the WIC program can obtain Farmers' Market Nutrition Program (FMNP) coupons that allow certain purchases at farmers markets.

Additional Food Banks, Community Farmers Markets, Food Pantries

These are additional resources compiled by USF-CARD for our constituents.

Exercise & Physical Activity

Getting Fit for Life

- [Español](#)

Supporting Exercise & Fitness Goals

Research

This Video is a poster summary of findings from the Autism Eats program, a nutrition intervention for children with ASD and their parents. Research was conducted by an MPH student at USF.

- [Poster Presentation \(PDF\)](#)

[Diet quality in an ethnically diverse sample of children and adolescents with autism spectrum disorder compared with nationally representative data](#)

[Food Selectivity in Children with Autism](#)

Guidelines for Assessment and Clinical Interventions

[Effects of Diet, Nutrition, and Exercise in Children With Autism and Autism Spectrum Disorder: A Literature Review](#)

[School Nurses and Nutrition](#)

[Weight-Loss Tool Designed for Adolescents with Intellectual Disabilities](#)

Obesity is among the most significant public health problems facing our society today. Not only do high rates of obesity contribute to soaring health care costs, the condition may also contribute to diminished quality of life among those affected.