Appendix D

Always, Sometimes, Never

The goal of this list is to help document the foods that your child currently eats or has eaten recently. This will be a helpful tool for us to understand your child’s eating patterns as well as develop a list of foods to target for increasing the range and frequency of intake of different foods.

For “Always” foods, list the foods your child currently eats with very little struggle. These are the foods you might rely on or the ones your child asks for. Include these foods if they have been easy to feed in the last 6 months, even if there might have been periods when eating these foods seemed harder for your child.

For “Sometimes” foods, list the foods your child will sometimes eat with relatively little struggle. These may have been previously favored foods (ones that might once have been on the “Always” list but which have fallen out of favor), foods that your child might need to be coaxed to eat but will do so if favored foods are not available, or foods your child has had once or twice but your child does not have a clear preference/hatred of these foods.

For the “Never” list, do not list all the foods your child never eats. It might be endless! Instead, list the foods your child does not like/rejects but which would be important to you as a parent or important to your family to have your child eat. These typically include foods that you may serve to other family members, types of food your child may reject (e.g., vegetables), or foods that will improve the ability to travel, socialize, or otherwise engage with others.