

# HOW TO PROMOTE HEALTHY EATING

for Children with Intellectual and Developmental Disabilities

Here are ideas for how to promote healthy eating for children with intellectual and developmental disabilities (I/DD).

Each bolded item represents a handout in this toolkit!

## HEALTHY CHOICES

include water, fruits and vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish and poultry, and healthy fats such as nuts, seeds, and avocados.

## UNHEALTHY CHOICES

include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

## Learn about common eating problems for children with I/DD:

- **Healthy Habit Challenges for Children with I/DD** (in the 'Getting Started' section of this toolkit)
- **When is "Choosy" Eating a Problem?**
- **Oral-Motor and Sensory Problems**

## Get ideas for ways to meet the needs of children with eating problems:

- **Healthy Foods by Texture**
- **Tools to Address Eating Problems in Children with I/DD**
- **Ideas for Healthy Snacks**
- **Handling a "Choosy" Eater**

## Support healthy eating goals for children with I/DD:

- **Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD** (in the 'Getting Started' section of this toolkit)
- **Use Transition Plans to Support Healthy Habits for Teens and Young Adults with I/DD** (in the 'Getting Started' section of this toolkit)
- **Everyone Plays a Role in Promoting Healthy Eating for Children with I/DD**

For more ideas to promote healthy eating for children, check out the other Let's Go! toolkits at [www.letsgo.org/toolkits/](http://www.letsgo.org/toolkits/)

