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/