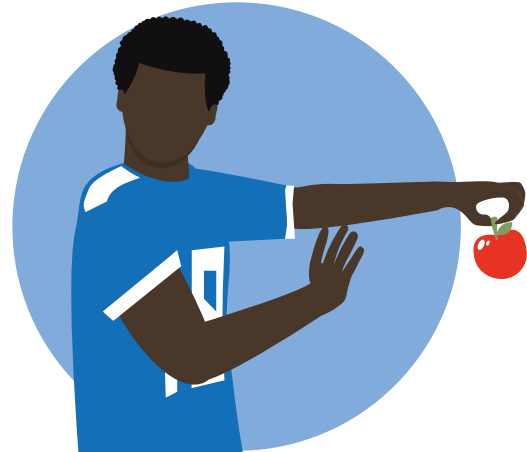


All About Picky Eating

This guide defines what picky eating is, why it happens and what red flags warrant professional help.

What is Picky Eating?

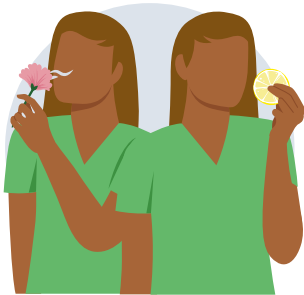
Picky eating is when a person constantly rejects certain foods based on taste, texture, smell, or appearance.



Picky eating isn't just a toddler issue. It often resurfaces in adolescence as your athlete asserts independence and experiences new physical and social changes.

What Drives Picky Eating?

Common reasons for food refusal:



Sensory sensitivities
(texture, smell, temperature)



Control and independence

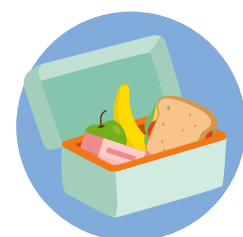


Peer influence or body image concerns



Fear of trying new foods

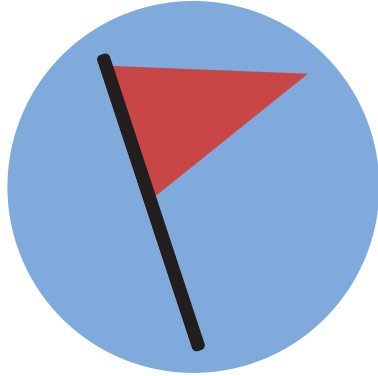
Normalize their preferences while creating room to explore!



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When to Seek Help:



Red Flags

Picky eating can sometimes signal more: it may point to deeper issues like disordered eating or anxiety. Watch for these red flags that suggest it's time to seek support.



Skipping meals regularly



Withdrawing from food-related events



Rapid weight loss or obsessive food rules



Constant fatigue or mood swings

Talk to a pediatric dietitian or adolescent health professional if you see these signs.

