**Food Jags**

**What is a food jag?**

When a child eats the same food prepared the same way every day or at every meal.

**The problem?**

Children eventually get burnt out on these foods and they are typically permanently lost out of that child’s food range.

**Preventing food jags:**

1. Offer any one particular food ONLY every OTHER day
2. If the child does not have a wide enough food range to eat 3 different foods at each of the 5 meals across the course of 2 days, then STARTING with ONE of the child’s least nutritious foods practice…
   1. Changing the shape
   2. Changing the color
   3. Changing the taste
   4. Changing the texture

* Only change one characteristic at a time 3 weeks at a time
* The “just noticeable difference” A large enough difference to be noticed but small enough that the child will still eat the food

\*diets with a greater variety are more likely to meet nutrient recommendations than diets with limited variety within food groups.

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