

# Increase Variety by Food Chaining

## 1 Overview

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Food chaining introduces new foods that have the same flavor or texture that the child already likes. Food chaining builds off food that the child already likes and slowly introduces the new foods.

## 2 Exploring New Foods

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- Playing with food is a way for them to explore before eating it.
- Let your child feed themselves so they can eat at their own pace

## 3 Examples of Food Chaining

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- A. Different brands of the same flavor and texture.
  - a. Yoplait strawberry yogurt → strawberry blended Chobani
- B. Same texture, different flavors:
  - a. Strawberry yogurt → blueberry yogurt
  - b. Chicken nuggets → fish sticks
- C. Same flavor and new textures:
  - a. Fruit mixed yogurt of a flavor they already like
  - b. Strawberry yogurt → strawberry flavored freeze-dried fruit
  - c. Chicken nuggets → popcorn chicken/grilled nuggets

## 4 Tips for success

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- Have fun and make it a game.
- Focus on small steps and try one new item at a time.
- Keep trying!
- Minimize distractions while your child is eating.
- Don't pressure your child, let them decide when they want to stop.
- Plan meals and snacks ahead of time.<sup>1</sup>

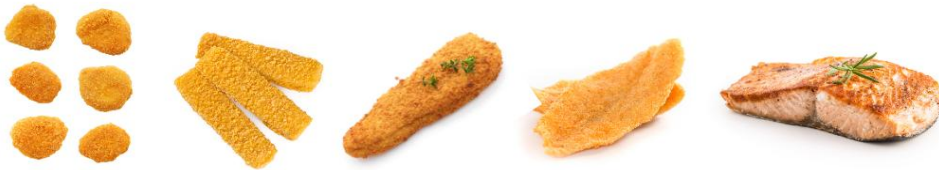
**Extra Resources:**

**Food chaining QR code and link** <https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/Foodchaining-Final--523.pdf?rev=c758e4fd98d9496e8424c391a5d24261&hash=91B69540A6AC504A07BC0E01F651DECO>



Examples of food chaining:

Chicken nuggets → Breaded fish sticks → Breaded fish filet → Baked fish filet → Grilled fish filet



Pretzel stick → Orange veggie stick → Dried carrots → Matchstick carrots



Cookie → Fig Newton → Jam toast sandwich → strawberry jam toast → toast with fresh strawberries



1. Food chaining for feeding challenges. (n.d.). <https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/Foodchaining-Final--523.pdf?rev=c758e4fd98d9496e8424c391a5d24261&hash=91B69540A6AC504A07BC0E01F651DECO>