

Nutrition Tips for Special Needs

Easy ideas for balanced meals

Section 1: The Simple Meal Plate

Aim for a colorful plate!

- **1/2 of the plate:** Veggies and Fruits (mashed or pureed if texture is an issue)
- **1/4 of the plate:** Proteins (dals, eggs, paneer, or soft chicken)
- **1/4 of the plate:** Carbs (rice, roti, or potatoes)

Section 2: Ideas for Picky Eaters

- **Food Chaining:** If your child only eats potato chips, try moving to baked potato wedges, then roasted potatoes, then mashed potatoes to slowly introduce new textures.
- **Play with Food:** Let your child touch, smell, and interact with the food without the pressure of eating it immediately.
- **Consistency:** Serve meals at the same time and in the same place every day.

Section 3: Hydration Routine

- Keep a dedicated, visually appealing water bottle for your child.
- Offer water during every transition time (e.g., between playtime and study time).

When to Seek Help:

If your child is missing entire food groups, experiencing severe digestive issues, or losing weight, please consult a pediatrician or nutritionist.

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