

Shopping List of Food Items for Children with ASD

Children with ASD usually love to feel, taste or smell their food before they eat it. This means children love to eat foods that are solid and whole, as opposed to slimy and wet. You can use the list below as a shopping list, with some readily available food for children with ASD.

Breakfast:

Solid Foods	Drinks
Potatoes (Not Mashed)	Milk
Bread	Juice
Boiled maize	NB: For most children with ASD, porridge might not be their preferred choice. However, if they have no problem with it, you can give it to them.
Biscuits (salty or sweet) depending on the teeth.	
Chapatti	
Boiled Eggs	

Snack-break

Fruits or snack:	Drinks
Apples	Water
Pears	Juice
Mango, papaya and other fleshy fruits, but not too ripe and juicy	Milk
Roasted ground nuts	
Sliced carrots (raw or slightly cooked)	

Lunch and Dinner

Solid Food	Sauce/ soup	Drink
Rice	Minced meat	Water
Potatoes	Chicken	Juice
Chapati	Beans	Milk
	Cow peas/ Blackeye peas	
	Lentils	

Remember

1. Don't forcefully feed the child, be patient with them.
2. Let them know what meals they will have for the day.
3. Engage them with activities in the kitchen as you prepare the food