

**“Loose” definitions of Picky Eating:**

| Author/Study/Year                         | Country     | Type                                      | N    | Ages                        | Definition   | Prevalence  |
|---|-------------|---|------|-----------------------------|--|---|
| <a href="#">FITS 2004</a>                 | USA         | Cross Sectional                           | 2000 | 4 months - 24 months        | Picky, somewhat picky<br><br>Very Picky                | = 34.4%<br><br>= 10.2%  |
| <a href="#">Cardona Cano et.al., 2015</a> | Netherlands | Longitudinal                              | 4000 | 1.5 years; 3 years; 6 years | Picky, sometimes picky,                                | 46% of whole pop @ least 1 the 3 time points<br><br>= 26.5% @ 1.5 yrs<br>= 27.5% @ 3 yrs<br>= 13.2% @ 6 yrs |
| <a href="#">Jacobi et.al., 2008</a>       | Germany     | Cross Sectional                           | 426  | 7.5 years – 12.5 years      | Always picky, often picky, sometimes picky             | 18.5%   |
| <a href="#">Xue et. al. 2015</a>          | China       | Cross Sectional but asks re: past history | 793  | 7 years – 12 years          | Always picky, sometimes picky – now AND/OR in the past | 59.3%   |
| <b>AVERAGE – whole pop</b>                |             |   |      |                             |  | <b>39.55%</b>   |

**“Clearer” definitions of Picky Eating:**

| Author/Study/Year                         | Country  | Type            | N    | Ages                            | Definition   | Prevalence   |
|---|----------|-----------------|------|---------------------------------|--|--|
| <a href="#">Li et.al., 2017</a>           | China    | Cross Sectional | 1414 | 6 months - 3 years              | Picky = rejects types or groups of food (yes/no – is your child picky?)                        | 23.8%  |
| <a href="#">DuBois et.al., 2007</a>       | Canada   | Longitudinal    | 1498 | 2.5 years, 3.5 years, 4.5 years | Always eats different foods from family; refuses to eat right foods; refuses to eat            | 30% of whole pop @ least 1 of 3 time points; 14-17% @ 1 time point; 5.5% @ all 3 time points |
| <a href="#">Benjasuwantep et.al. 2013</a> | Thailand | Cross Sectional | 402  | 1 year – 4 years                | Kerzner  | 26.9%  |
| <a href="#">Mascola et.al. 2010</a>       | USA      | Longitudinal    | 120  | 2 years – 11 years              | Often picky or Always picky  | 39%  |
| <a href="#">Steinsbeck et.al. 2017</a>    | Norway   | Longitudinal    | 1250 | 4 years & 6 years               | Eats only restricted # or types of foods; impaired social function; separate meals from family | 26% of whole pop at least 1 of 2 time points; 13.9% @ both ages                              |
| <b>AVERAGE</b>                            |          |                 |      |                                 |  | <b>29.14%</b>  |

**TOTAL AVERAGE = 34.3%** (if leave off individual ages’ percentages)

**Do Children Outgrow their Picky Eating?**

| <b>Author/Study/Year</b>                  | <b>Country</b> | <b>Type</b>                                     | <b>N</b> | <b>Ages</b>                    | <b>Definition</b>  | <b>Prevalence</b>   |
|---|----------------|---|----------|--------------------------------|--|---|
| <a href="#">Cardona Cana et.al., 2015</a> | Netherlands    | Longitudinal                                    | 4000     | 1.5 years; 3 years;<br>6 years | Picky, sometimes picky,                                      | 4% reported picky at ALL 3 times; 4%<br>late onset at 6 years only                        |
| <a href="#">Cardona Cana et.al., 2015</a> | Netherlands    | Longitudinal                                    | 4000     | 1.5 years; 3 years;<br>6 years | Picky, sometimes picky,                                      | If picky @ 1.5 OR 3 years = 32.3% remit;<br>If picky @ 1.5 AND 3 years = 8% remit<br>by 6 |
| <a href="#">Xue et. al. 2015</a>          | China          | Cross Sectional<br>but asks re:<br>past history | 793      | 7 years – 12 years             | Always picky,<br>sometimes picky – now<br>AND/OR in the past | 17.9% duration 0-3 yrs<br>41.3% = 3-6 yrs<br>30% = > 6 yrs                                |
| <a href="#">Mascola et.al. 2010</a>       | USA            | Longitudinal                                    | 120      | 2 years – 11 years             | Often picky or Always<br>picky                               | 58% “recover” within 2 years  |