

## Mayo Clinic Minute

### How to deal with extreme picky eating in kids

Video	Audio
	Did you know your kid could have an eating disorder if they are extremely picky?
00:02:12 Jocelyn Lebow, Ph.D. Child Psychology Mayo Clinic	“It's called avoidant/restrictive food intake disorder. It's basically extreme picky eating. And their food repertoire is so limited that they can't maintain their body weight, that they have health issues.”
	Dr. Jocelyn Lebow is a Mayo Clinic child psychologist who specializes in treating eating disorders.
00:06:54 DR. JOCELYN LEBOW_2:	“Your kid's weight goes on a curve. If they fall off their curve, that's when you start to worry. And it doesn't matter, by the way, if their curve is at the fifth percentile, the 50 <sup>th</sup> percentile or the 85 <sup>th</sup> percentile. As long as your kid continues to track, where he or she has always tracked, that's healthy.”
	But it can be a problem if they lose weight and fall off their curve.
	In that case, she says, you don't want to make meal time World War III.
00:06:35 DR. JOCELYN LEBOW_2:	“If it's suddenly you're setting up a power struggle and, like: 'No, you have to eat. No, you have to eat,' you're kind of dooming yourself.”
	It can be even trickier for picky teens, so she suggests getting professional help.
00:07:22 DR. JOCELYN LEBOW_2:	“When your kid falls off the curve, nutrition is not as important. Their body's not using nutrition the same way. So it's really about getting their weight back up.”
	For the Mayo Clinic News Network, I'm Ian Roth.