



# **Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet**

*Cheri Fraker, Mark Fishbein, Sibyl Cox, Laura Walbert*

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Initially developed by co-author Cheri Fraker in the course of treating an eleven-year-old who ate nothing but peanut butter, bread, and milk, *Food Chaining* is a breakthrough approach for dealing with picky eating and feeding problems at any age. *Food Chaining* emphasizes the relationship between foods in regard to taste, temperature, and texture. In *Food Chaining*, the internationally known feeding team behind this unique method shows how to help your child enjoy new and nutritious foods, no matter what the nature of his picky eating. The guide also includes information on common food allergies, improving eating skills, advice specific to special needs kids, and a pre-chaining program to help prevent food aversions before they develop. *Food Chaining* will help you raise a lifelong healthy eater.

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