Eating and Diet

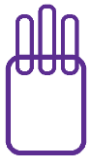
An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

Some autistic people eat a small range of foods

Some foods can feel too strong to eat.
This is often about taste, smell, or texture.

Why this happens



The feel of a food can be too much.

Worry about choking or being sick.

New foods can feel unsafe.

How to help

	Let the person keep their safe foods.
	Do not force or bribe someone to eat.
	Ask a doctor for help if you are worried.