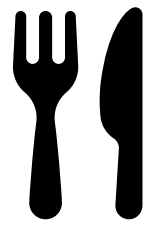


# affirmations for picky and selective eaters



**I'm allowed to have strong reactions and boundaries to food.**

I am not difficult if I say no to trying new foods.

other people's expectations when it comes to food are not my expectations.

I can take care of my health in other ways that don't rely on forcing me to eat foods I do not like or enjoy.

**I don't need to expand my palate; I need people to respect my choices.**

I am not childish for preferring plain or beige foods like rice or nuggets.

I am not a wasteful person if I struggle to eat leftovers.

I am not a difficult friend if I struggle to find something to eat on the menu.

**I am allowed to spit out food if I don't like it.**