

Cheat Sheet No. 2

The Fussy Eater Cheat Sheet

Top Tip!

Use the tick boxes to help track who likes what, to make the food shop a touch easier. I suggest ticking the boxes in pencil, because we all know how kids like to change their minds on these things!

Grains & Carbs			
Bread			
<i>Wholemeal</i>	☐	☐	☐
<i>White</i>	☐	☐	☐
<i>50/50</i>	☐	☐	☐
<i>Seeded</i>	☐	☐	☐
Bagels	☐	☐	☐
Bread rolls	☐	☐	☐
Breadsticks	☐	☐	☐
Breakfast cereals	☐	☐	☐
Cereal bar	☐	☐	☐
Chapati	☐	☐	☐
Corn cakes	☐	☐	☐
Chickpea crisps	☐	☐	☐
Croissants	☐	☐	☐
Crumpets	☐	☐	☐
Crackers	☐	☐	☐
English muffins			
<i>White</i>	☐	☐	☐
<i>Wholemeal</i>	☐	☐	☐
Flatbreads	☐	☐	☐
Fruit loaf	☐	☐	☐
Hot cross buns	☐	☐	☐
Lentil crisps	☐	☐	☐
Naan bread	☐	☐	☐
Oats	☐	☐	☐
Oat bars	☐	☐	☐
Porridge flapjacks (see page 77)	☐	☐	☐
Pancakes (see page 72)	☐	☐	☐
Part-baked rolls	☐	☐	☐
Pasta	☐	☐	☐
Popping corn/plain popcorn*	☐	☐	☐
Puff pastry (ready rolled)	☐	☐	☐
Pitta bread	☐	☐	☐
Pizza dough	☐	☐	☐
Puff pastry	☐	☐	☐
Rice cakes			
<i>Plain</i>	☐	☐	☐
<i>Flavoured</i>	☐	☐	☐
Savoury muffins	☐	☐	☐
Teacakes	☐	☐	☐
Veggie sticks	☐	☐	☐
Waffles	☐	☐	☐
Wraps			
<i>Wholemeal</i>	☐	☐	☐
<i>White</i>	☐	☐	☐
<i>Seeded</i>	☐	☐	☐

Proteins & Dairy			
Beef	☐	☐	☐
Bacon – smoked	☐	☐	☐
Bacon – unsmoked	☐	☐	☐
Beans	☐	☐	☐
Cheese			
<i>Mild Cheddar</i>	☐	☐	☐
<i>Mature Cheddar</i>	☐	☐	☐
<i>Double Gloucester</i>	☐	☐	☐
<i>Edam</i>	☐	☐	☐
<i>Cheese spread</i>	☐	☐	☐
<i>Cream cheese</i>	☐	☐	☐
<i>Cottage cheese</i>	☐	☐	☐
<i>Mozzarella</i>	☐	☐	☐
Chicken			
<i>Nuggets</i>	☐	☐	☐
<i>Roast</i>	☐	☐	☐
<i>Sliced sandwich meat</i>	☐	☐	☐
Chickpeas	☐	☐	☐
Chorizo – sliced sandwich meat	☐	☐	☐
Cooking chorizo (fried)	☐	☐	☐
Eggs			
<i>Hard-boiled</i>	☐	☐	☐
<i>Egg mayo (or softer boiled and mashed without mayo)</i>	☐	☐	☐
<i>OR: eggs in baked goods</i>	☐	☐	☐
Fish			
<i>Tinned</i>	☐	☐	☐
<i>Smoked salmon</i>	☐	☐	☐
Flaxseed	☐	☐	☐
Fromage frais			
<i>Kids' pots</i>	☐	☐	☐
<i>Plain</i>	☐	☐	☐
<i>Plain with jam added</i>	☐	☐	☐
Hummus	☐	☐	☐
Leftover meatballs	☐	☐	☐
Nut butters (not for school)			
<i>Peanut</i>	☐	☐	☐
<i>Almond</i>	☐	☐	☐
<i>Cashew</i>	☐	☐	☐
<i>Nuts (not for school)*</i>	☐	☐	☐
Pepperoni	☐	☐	☐
Prawns	☐	☐	☐
Salami	☐	☐	☐
Sausages	☐	☐	☐
Seeds	☐	☐	☐
Seed butter	☐	☐	☐
Turkey	☐	☐	☐
Yoghurt			
<i>Greek</i>	☐	☐	☐
<i>Kefir</i>	☐	☐	☐
<i>Dairy free</i>	☐	☐	☐

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Fruit			
Apples**			
Green	☐	☐	☐
Red	☐	☐	☐
Dried apple rings	☐	☐	☐
Apricots			
Fresh	☐	☐	☐
Dried	☐	☐	☐
Avocado (or guacamole)	☐	☐	☐
Banana	☐	☐	☐
Banana chips	☐	☐	☐
Blackberries	☐	☐	☐
Cherries (destoned)*	☐	☐	☐
Cranberries	☐	☐	☐
Dates (destoned)	☐	☐	☐
Figs			
Fresh	☐	☐	☐
Dried	☐	☐	☐
Freeze dried fruits	☐	☐	☐
Fruit pouches	☐	☐	☐
Grapes			
Green*	☐	☐	☐
Red*	☐	☐	☐
Black*	☐	☐	☐
Goji berries	☐	☐	☐
Kiwi	☐	☐	☐
Mango			
Fresh	☐	☐	☐
Dried	☐	☐	☐
Melon			
Cantaloupe	☐	☐	☐
Honeydew	☐	☐	☐
Watermelon	☐	☐	☐
Nectarines	☐	☐	☐
Oranges			
Small/easy peeler	☐	☐	☐
Large/Jaffa	☐	☐	☐
Olives*	☐	☐	☐
Passion fruit	☐	☐	☐
Peach	☐	☐	☐
Pineapple			
Fresh	☐	☐	☐
Dried	☐	☐	☐
Plum	☐	☐	☐
Pomegranate	☐	☐	☐
Prune	☐	☐	☐
Raspberries	☐	☐	☐
Raisins	☐	☐	☐
Strawberries			
Fresh	☐	☐	☐
Freeze-dried	☐	☐	☐
Sultanas	☐	☐	☐

Vegetables			
Broccoli	☐	☐	☐
Cauliflower	☐	☐	☐
Celery	☐	☐	☐
Carrots			
Non-organic	☐	☐	☐
Organic (if your kids don't like that soapy aftertaste of carrots, then it's worth trying organic!)	☐	☐	☐
Baby	☐	☐	☐
Corn on the cob	☐	☐	☐
Cucumber			
Normal sized	☐	☐	☐
Mini	☐	☐	☐
Edamame	☐	☐	☐
Iceberg lettuce	☐	☐	☐
Mushrooms	☐	☐	☐
Olives*	☐	☐	☐
Peppers (including minis)			
Red	☐	☐	☐
Orange	☐	☐	☐
Yellow	☐	☐	☐
Green	☐	☐	☐
Seaweed snacks	☐	☐	☐
Spinach	☐	☐	☐
Sugar snap peas	☐	☐	☐
Tomatoes			
Salad/large	☐	☐	☐
Cherry*	☐	☐	☐
Plum*	☐	☐	☐

* A Note On Choking Hazards

Please be aware of potential choking hazards for any children six or younger, and if you're in any doubt about a particular food, I would always recommend cutting it up. For me, school isn't the place to take the risk and it's better to learn to manage those trickier foods under close supervision rather than when chatting and giggling with their friends and not necessarily paying so much attention to what they're eating.

** No more brown apples!

Many children will turn their noses up at sliced apple that's beginning to go brown, and while slightly browned slices are safe to eat, I would never convince my children to do so! I find a few things help. Get your apple slices in an airtight container sharpish so they can't react with the air and brown. If that's enough, then perfect, but if not you can briefly soak your apple slices in water for 3 to 5 minutes then either shake or pat them dry before packing. Even better than this, a pinch of salt in the water before soaking is an effective way to stop the dreaded browning.