

THE SAVANTS™

THE
FOOD
THING

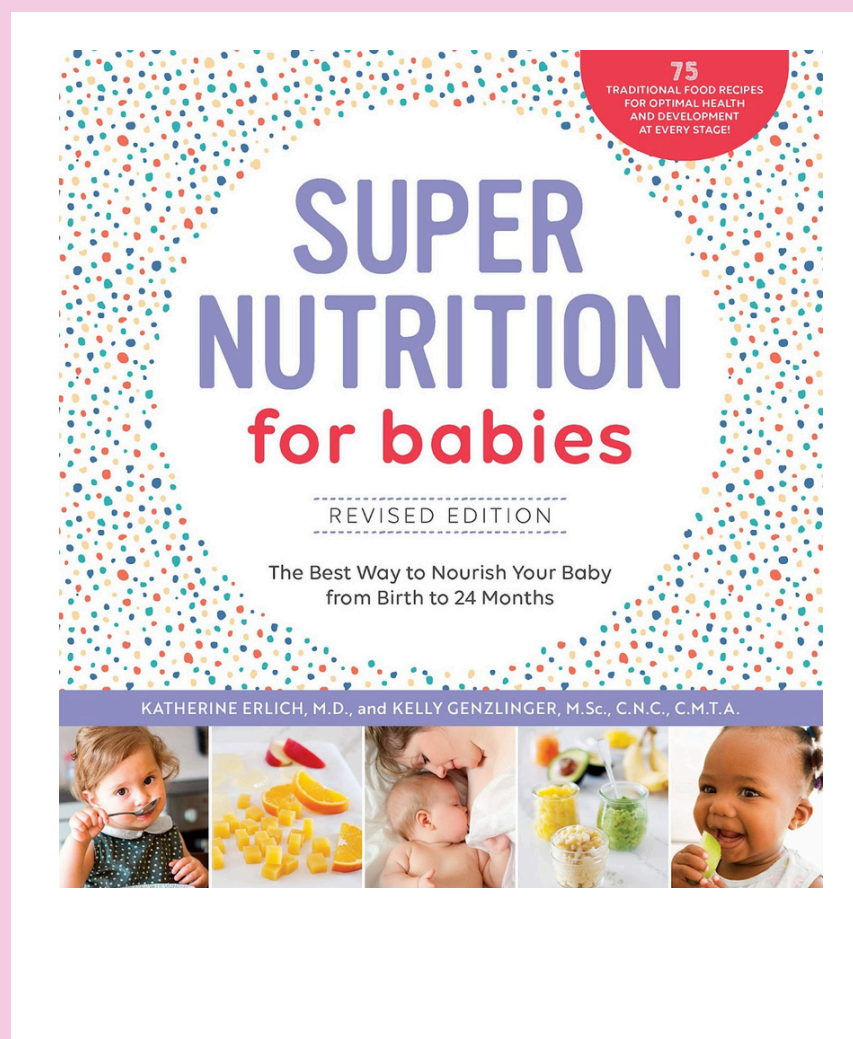
A Mom's Real Talk on Autism, Safe Foods,
and Surviving the Village

■ A "Real-talk" Guide

LET'S TALK ABOUT THE FOOD THING

If you're new to the autism journey, you've probably already heard the opinions: what your child should eat, what they should try, and what everyone else thinks you should be doing.

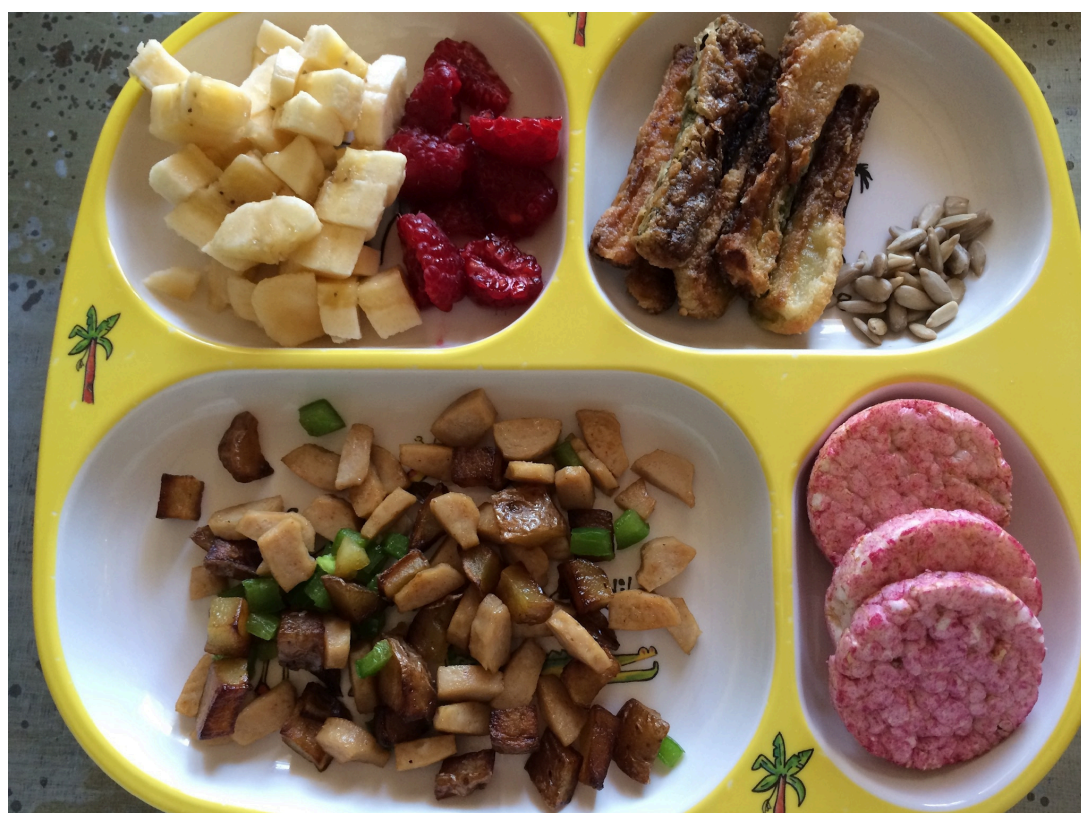
But autism and safe foods are real. For some kids, food is not just nutrition. It is comfort, routine, sensory safety, and sometimes the one thing that helps them get through the day.



SAFE FOODS ARE REAL

A safe food is something familiar, comfortable, and manageable to eat. It might be the same snack, the same texture, the same brand, or the same meal every day.

It is not "just picky eating." Food can be tied to smell, texture, stress, routine, control, and sensory overwhelm.



FROM SUPER NUTRITION TO SURVIVAL MODE

I started with the best intentions: organic foods, juicing, supplements, and nutrition protocols. Then autism, G.I. issues, sensory aversions, and real life entered the picture.

The goal shifted from doing everything perfectly to understanding what my kids needed, what their bodies could tolerate, and what actually helped them feel safe.



FOOD BECAME A LANGUAGE

Over time, food became a way for me to read stress, comfort, overwhelm, and progress. A smoothie in a sippy cup, a familiar cracker, or a preferred texture could say what words could not yet explain.

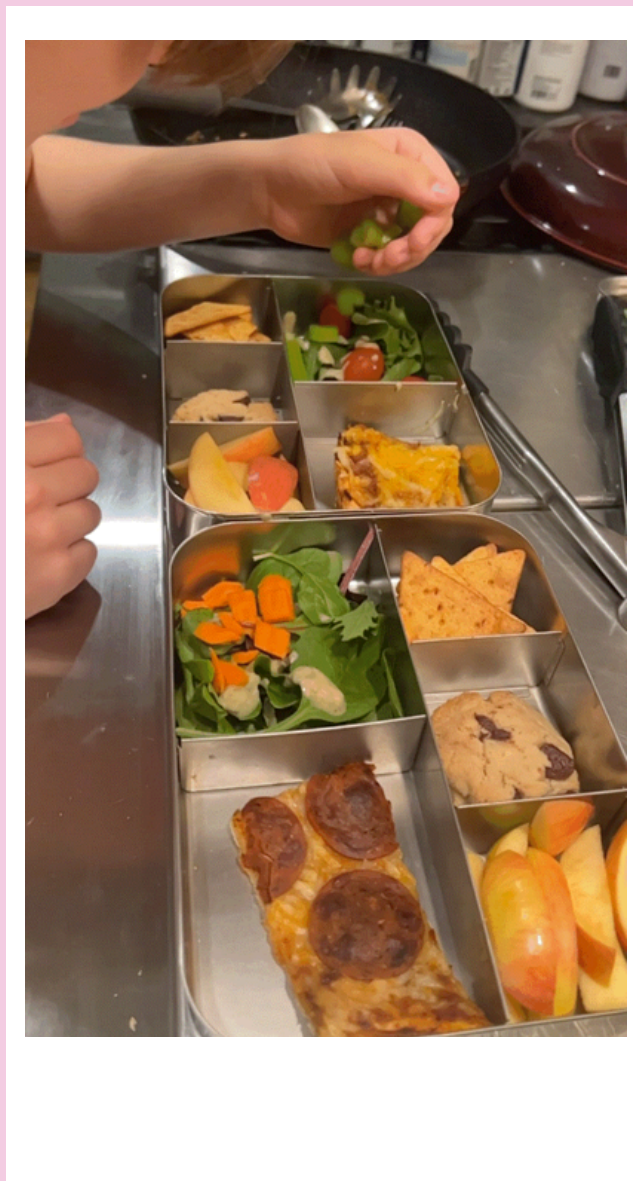
The lesson was not to force change. It was to support the child in front of me.



GENTLE WAYS IN

Small steps can matter. Keep offering green foods without pressure. Pair something new with something familiar. Let kids help cook. Try simple sensory-friendly recipes. Celebrate participation, curiosity, and tiny wins.

Progress does not have to look like a full plate. Sometimes it looks like touching, smelling, mixing, helping, or taking one bite.



FINAL THOUGHTS

Food does not have to be the enemy. It does not have to be about perfection, pressure, or fixing anyone.

For families in the pizza-and-crackers phase, the chicken nugget phase, the smoothie phase, or the "same three foods every day" phase: you are not failing. You are figuring it out.

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