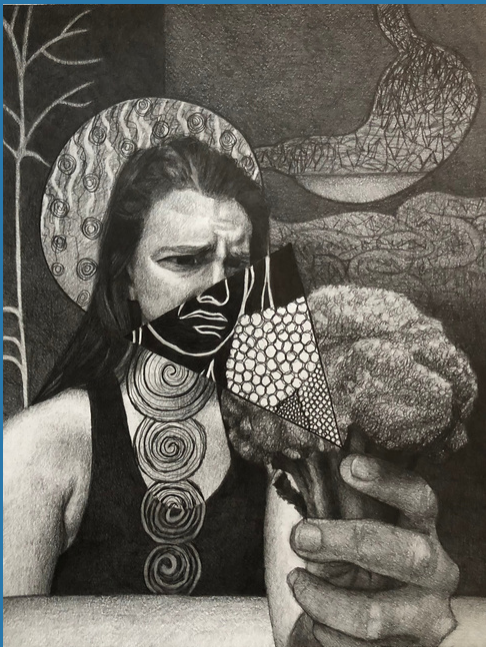




UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 15: AN AUTISTIC'S RELATIONSHIP TO FOOD



Picky Eating
artwork by Nicole Kubilus

[Danny Raede, Asperger's Experts](#)
([website](#))

[Cassandra Crosman](#)
[In The Loop About Neurodiversity \(website\)](#)

[Patrick Dwyer](#)
[Autistic Scholar \(website\)](#)

SEASON 1 EPISODE 15: AN AUTISTIC'S RELATIONSHIP TO FOOD

Many people on the spectrum struggle with food. What might look like picky eating habits to the neurotypical person, is actually an autistic person's complex relationship with food. In this episode, we explore what causes 'picky eating', what diets that people with autism adopt, food and social gatherings, and resources for those who struggle with food.

COMMON CAUSES OF PICKY EATING AMONG AUTISTIC PEOPLE (0:00-2:54)

- sensory overwhelm with food smells, taste, texture
- need for routine and sameness
- visual overstimulation
- delayed oral motor function
- physical disorders
- pain associated with eating
- food allergies and sensitivity

THREE TESTIMONIALS OF AUTISTIC PEOPLE'S RELATIONSHIP WITH FOOD (2:54-14:37)

- Danny Raede, founder of Aspergers' Experts
- Cassandra Crosman, blogger *In The Loop About Neurodiversity*
- Patrick Dwyer, blogger *Autistic Scholar*

THE ENVIRONMENT AND EATING (14:37-20:34)

NICOLE'S EXPERIENCE WITH EATING AND FOOD (20:34-34:42)

PARENT PERSPECTIVES OF HAVING AN AUTISTIC CHILD WITH EATING AND FOOD (34:42-58:04)

ADVICE FOR PARENTS OF AUTISTIC PICKY EATERS AND ADULTS WHO ARE PICKY EATERS (58:04-1:16:42)

DO GLUTEN, DAIRY-FREE AND VEGETARIAN DIETS MAKE A DIFFERENCE? (1:16:42-1:21:22)

THE VAGUS NERVE'S IMPACT ON AN AUTISTIC PERSON AND FOOD (1:21:22-1:24:00)



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[Haley Moss, "The Icing on the Cake: Autism and Picky Eating"](#) (blog).

[Larry Jameson, The Vagus Nerve Diet](#) (book).

[Wendy Hayden, The Vagus Nerve Gut-Brain Connection](#) (book).

[Eating Disorders Victoria](#) (website).



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AUTISM, EATING DISORDERS AND RESOURCES
(1:24:00-1:30:28)