



bridgetwhitlow For more info on [@grubreport](#) you can visit <http://t.co/RMpWvVXD>. Thank you all who joined in today! [#pickyeaters](#) -12:40 PM Jan 14th, 2013



grubreport Thank you, [@bridgetwhitlow](#) -- this has been a lot of fun for me, too. [#pickyeaters](#) -12:39 PM Jan 14th, 2013



bridgetwhitlow Wonderful – thank you so much Stephanie [@grubreport](#). It's been such a pleasure chatting with you! [#pickyeaters](#) -12:39 PM Jan 14th, 2013



grubreport I do: March 13, I will be lecturing (in a fun way!) at [@paloaltomedical](#) about picky eating and eaters <http://t.co/1GjIKZjq> [#pickyeaters](#) -12:38 PM Jan 14th, 2013



bridgetwhitlow Great! It's also a really fun read with lots of info. Do you have speaking engagements coming up? [#pickyeaters](#) -12:36 PM Jan 14th, 2013



grubreport Yes! Read Suffering Succotash! That's a slight skill but I do believe it helps people gets inside the heads and emotions of [#pickyeaters](#) -12:35 PM Jan 14th, 2013



bridgetwhitlow Do you have any tips for loved ones with a selective eater in their life? [#pickyeaters](#) -12:34 PM Jan 14th, 2013



bridgetwhitlow Yes, those are great suggestions. One can also explore support further, like with [@DukeCenterforED](#) & [@EDResearch](#). [#pickyeaters](#) -12:33 PM Jan 14th, 2013



grubreport 3. It's okay to be picky, this is who you are, it's your biology, so be honest with yourself and others. [#pickyeaters](#) -12:31 PM Jan 14th, 2013



grubreport 1. Be kind and patient with yourself, this is not a "failing." 2. Properly motivated, you can make baby steps to change 1/2 [#pickyeaters](#) -12:30 PM Jan 14th, 2013



bridgetwhitlow What tips can you share from your experience for people that are currently struggling with selective eating? [#pickyeaters](#) -12:30 PM Jan 14th, 2013



grubreport I really have no desire to take my life into my hands with fugu, also organs just don't appeal to me. And I'm okay with that! [#pickyeaters](#) -12:29 PM Jan 14th, 2013



bridgetwhitlow So will you be, or have you ever, tried [#fugu](#)? [#pickyeaters](#) -12:28 PM Jan 14th, 2013



bridgetwhitlow Agreed! [#picky eaters](#) -12:28 PM Jan 14th, 2013



grubreport Without question, I loved interviewing and learning from Dr. Nancy Zucker at [@DukeCenterforED](#). She was/is awesome. [#picky eaters](#) -12:28 PM Jan 14th, 2013



bridgetwhitlow Outside of [@MonellSc](#), what was your most fruitful interaction with the [#science](#) community? [#picky eaters](#) -12:28 PM Jan 14th, 2013



grubreport 2/2 but I will say that becoming a foodie, becoming more aware of how things taste has accentuated all my tastes. [#picky eaters](#) -12:25 PM Jan 14th, 2013



grubreport I don't think so. See, I depended on cheese (a savory/umami taste) as my picky eating life raft. It carried me through a lot 1/2 [#picky eaters](#) -12:24 PM Jan 14th, 2013



bridgetwhitlow and then your book. Did your sense of [#umami](#) change from when you were more selective to now? 2/2 [#picky eaters](#) -12:23 PM Jan 14th, 2013



bridgetwhitlow Yes, that makes a big difference! I also learned about [#umami](#) recently via [@JiroOno](#)'s documentary Jiro Dreams of Sushi 1/2 [#picky eaters](#) -12:22 PM Jan 14th, 2013



grubreport I think gaining a better understanding of how our biology works helps us not be so hard on ourselves when we don't like things [#picky eaters](#) -12:20 PM Jan 14th, 2013



bridgetwhitlow So how could this info be helpful to selective eaters? [#picky eaters](#) -12:19 PM Jan 14th, 2013



grubreport 2/2 of the nose as our brain interprets flavor. The brain decides flavor is in the mouth rather than the nose. [#picky eaters](#) -12:17 PM Jan 14th, 2013



grubreport I learned about bitter blockers -- things that can make foods/medicine taste less bitter -- and how we discount the role 1/2 [#picky eaters](#) -12:16 PM Jan 14th, 2013



bridgetwhitlow Seems like your visit to the [@MonellSc](#) was great -- what other key bits of info did you learn there? [#picky eaters](#) -12:15 PM Jan 14th, 2013



grubreport 2/2 and therefore whether or not you will like or dislike those flavors. [#picky eaters](#) -12:14 PM Jan 14th, 2013



grubreport Combined with your olfactory receptors, those six taste categories determine how



you individually interpret flavors 1/2 [#pickyeaters](#) -12:13 PM Jan 14th, 2013



[grubreport](#) 2/2 And it was mind-blowing to learn about that taste from Monell, even weirder to sample what that taste is. [#pickyeaters](#) -12:12 PM Jan 14th, 2013



[grubreport](#) Well, everyone knows about the first five, though umami is new to us, but the calcium/mineral is really the newest one. 1/2 [#pickyeaters](#) -12:11 PM Jan 14th, 2013



[bridgetwhitlow](#) Yes, good to know! One thing I learned is that there are 6 tastes – can you tell us about these? [#pickyeaters](#) -12:10 PM Jan 14th, 2013



[grubreport](#) I know I have been able to manage it but in the book I spoke to a sword swallower who gags on her own toothbrush! So... [#pickyeaters](#) -12:08 PM Jan 14th, 2013



[bridgetwhitlow](#) Yes – and would you say that over time one can learn to manage that? [#pickyeaters](#) -12:08 PM Jan 14th, 2013



[grubreport](#) 2/2 and whether or not it can truly be controlled. The gag reflex is something all picky eaters know intimately. [#pickyeaters](#) -12:07 PM Jan 14th, 2013



[grubreport](#) Learning about the gag reflex and how it works/affects picky eaters was one of the more fascinating facts for me 1/2 [#pickyeaters](#) -12:06 PM Jan 14th, 2013



[bridgetwhitlow](#) Can you share one thing that was surprising to you to learn about? 2/2 [#pickyeaters](#) -12:05 PM Jan 14th, 2013



[bridgetwhitlow](#) I think that can be challenging for people to really get. You did a lot of great research for your book 1/2 [#pickyeaters](#) -12:05 PM Jan 14th, 2013



[grubreport](#) It's like how being vegetarian/vegan is usually a considered choice. However, disliking foods isn't a choice. It's just you. [#pickyeaters](#) -12:04 PM Jan 14th, 2013



[bridgetwhitlow](#) Can you say a little bit more about that? [#pickyeaters](#) -12:03 PM Jan 14th, 2013



[grubreport](#) 2/2 and an attempt for picky eaters to be better understood by the people who know and love them. Picky eating isn't a choice. [#pickyeaters](#) -12:02 PM Jan 14th, 2013



grubreport Thanks for having me, **@bridgetwhitlow**! My motivation for the book was to give picky eaters a voice 1/2 **#pickyeaters** -12:02 PM Jan 14th, 2013



bridgetwhitlow Stephanie, thank you so much for talking today – can you tell us what motivated you to write Suffering Succotash? **#pickyeaters** -12:01 PM Jan 14th, 2013



bridgetwhitlow Welcome all to the **@grubreport** tweetchat on selective eating! Please jump in with any questions as they come up. **#pickyeaters** -12:00 PM Jan 14th, 2013



Viral HQ **#parenting #nutrition** Tips for **#PickyEaters** <http://t.co/XAjrCkpQ> -12:00 PM Jan 14th, 2013



bridgetwhitlow RT **@nsfinch**: RT **@grubreport**: My **#pickyeaters** Tweetchat with **@bridgetwhitlow** starts in 15 minutes. Come get picky with us! **#pickyeaters** -11:46 AM Jan 14th, 2013



nsfinch RT **@grubreport**: My **#pickyeaters** Tweetchat with **@bridgetwhitlow** starts in 15 minutes. Come get picky with us, using that convenient hashtag! -11:45 AM Jan 14th, 2013



grubreport My **#pickyeaters** Tweetchat with **@bridgetwhitlow** starts in 15 minutes. Come get picky with us, using that convenient hashtag! -11:43 AM Jan 14th, 2013



workingmothers RT **#parenting #nutrition** Tips for **#PickyEaters** <http://t.co/gncRqQgz> <http://t.co/12qd7Zqn> -10:34 AM Jan 14th, 2013



eileen_eva **#parenting #nutrition** Tips for **#PickyEaters** <http://t.co/oqXOIxAQ> -10:30 AM Jan 14th, 2013



health_n_fit **#parenting #nutrition** Tips for **#PickyEaters** <http://t.co/0tAQofjV> -10:00 AM Jan 14th, 2013



grubreport Hey! I'm doing a **#tweetchat** with **@bridgetwhitlow** today at 12 PST. Join us in talking about **#pickyeaters**, using that convenient hashtag! -8:09 AM Jan 14th, 2013



ElrodOrtho RT **@workingmothers**: RT **#parenting #nutrition** Tips for **#PickyEaters** <http://t.co/5C3aWLn0> <http://t.co/lIcTFRdL> -7:20 AM Jan 14th, 2013



bridgetwhitlow 5 more hours until the **#tweetchat** w/ Suffering Succotash author **@grubreport** – Jan 14 @ 12 PST. Join in with the HT **#pickyeaters**! -7:04 AM Jan 14th, 2013



workingmothers RT **#parenting #nutrition** Tips for **#PickyEaters** <http://t.co/gncRqQgz>



<http://t.co/KSxaeqbv> -2:25 AM Jan 14th, 2013



VitaminsDaily [#parenting](#) [#nutrition](#) Tips for [#PickyEaters](#) <http://t.co/7z6L0iQE> -2:00 AM Jan 14th, 2013



chelledg Time to make the lunches. [#PickyEaters](#) -6:24 PM Jan 13th, 2013



NutritionBasic [#parenting](#) [#nutrition](#) Tips for [#PickyEaters](#) <http://t.co/jYGENYNO> -6:15 PM Jan 13th, 2013



TheBajanBullet getting little kids to eat is so frustrating!! [#pickyeaters](#) [#bigsisprobz](#) [#fouryearolds](#) -3:34 PM Jan 13th, 2013



soyMamaLatina Get your toddler to try new foods with this mom's tips! [#pickyeaters](#) <http://t.co/KrA86vff> -12:01 PM Jan 13th, 2013



TweetIFollow [#parenting](#) [#nutrition](#) Tips for [#PickyEaters](#) <http://t.co/M9MWdvB8> -11:45 AM Jan 13th, 2013



brandon_hiltner [@ZHaakonson](#) [@mikeschlangen](#) [@mschlangen1](#) no wonder you guys are so little. [#pickyeaters](#) -11:18 AM Jan 13th, 2013



bridgetwhitlow 1 more day until the [#tweetchat](#) w/ Suffering Succotash author [@grubreport](#) - Jan 14 @ 12 PST. Join in with the HT [#pickyeaters](#)! -10:38 AM Jan 13th, 2013



RichJodi 36 Tips to Get [#kids](#) to eat [#veggies](#) without nagging or bribing <http://t.co/2S1noT3Q> [#nutrition](#) [#health](#) [#pickyeaters](#) -8:12 AM Jan 13th, 2013



VitaminsDaily [#parenting](#) [#nutrition](#) Tips for [#PickyEaters](#) <http://t.co/7z6L0iQE> -3:30 AM Jan 13th, 2013



Tweetstar11 [#parenting](#) [#nutrition](#) Tips for [#PickyEaters](#) <http://t.co/SCp8ZSW8> -2:30 AM Jan 13th, 2013



inspirelect Do you agree with these rules? [#parents](#) [#kids](#) [#pickyeaters](#) [#gf](#) [#paleo](#) 1. Parents: You are in (cont) <http://t.co/MwJMOLqn> -12:37 AM Jan 13th, 2013



NutritionBasic [#parenting](#) [#nutrition](#) Tips for [#PickyEaters](#) <http://t.co/jYGENYNQ> -7:45 PM Jan 12th, 2013



Milesperminute Both Arby's and Burger King for dinner?? [#pickyeaters](#) -5:57 PM Jan 12th, 2013



CDawntweets Homemade pepperoni pizza. With bell peppers on half because of [#pickyeaters](#). [#pioneerwomancrust](#) <http://t.co/yKWGoaEr> -5:14 PM Jan 12th, 2013



haybeatrice Ryan made dinner tonight... Of course it was pasta [#pickyeaters](#) [@ryancook028](#) <http://t.co/QQfSWY1V> -4:25 PM Jan 12th, 2013