

# Eating different brands of food

This can be worrying/scary/upsetting for me as I like things to stay the same.



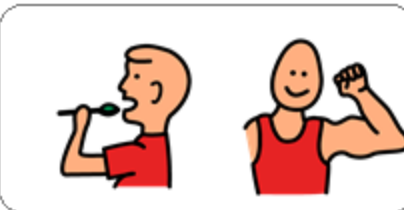
Lots of kids feel like this and they are struggling as well. I am not alone.



My parents will try to get most of the food that I like, but if it is not available they will bring home a different brand of the same type of food for me to try.



It's really important that I carry on eating so that I stay strong, happy and healthy.



On days where I am feeling strong I can try something similar to my favourites, such as a different brand of crisps.

