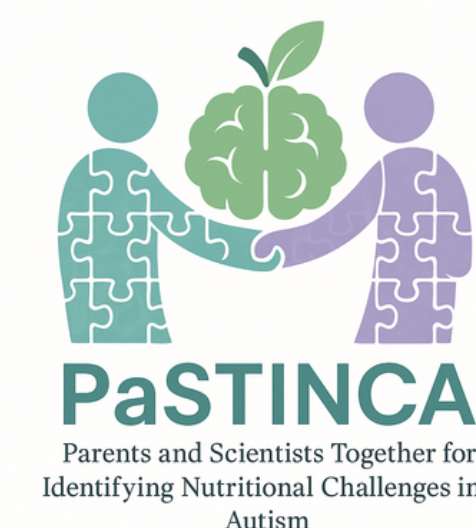


PaSTINCA



Short Name

PaSTINCA

Formal Name

Parents and Scientists Together for Identifying Nutritional Challenges in Autism

Contact Person

Smilja Pračer

Institution/Organisation

IBISS, IMH and SASPA

Website

<https://www.ibiss.bg.ac.rs/sr-rs/>

<https://imh.org.rs/>

<https://autizam.org.rs/>

Social Media



@plataforma_ciencia_aberta



Scientists and parents united to spotlight nutritional challenges and solutions in children with autism



Summary

This project takes a citizen science approach by actively involving parents of children with autism spectrum disorders (ASD) in the design of research on nutrition and feeding challenges. The aim is to identify the specific eating habits of children with ASD and, with the help of scientific findings, to improve these habits and gradually overall well-being. Parents will be trained in evidence-based nutrition and given practical tools to observe and better understand their child's eating behaviour.

Through food diaries kept by parents, the project collects important data on eating habits, food sensitivities and difficulties at mealtimes. This data will be analyzed together with the families to identify common challenges and support future research. The key findings will be summarized in a "Nutritional Guidance Report," which serves as the basis for developing tailored, science-based nutritional strategies. By combining the lived experience of families with scientific methods, the project aims to influence future policy and promote long-term, evidence-based improvements in the nutrition and care of people with ASD.