



Common Pica Items

Children and adults with ASD may mouth or eat a wide variety of objects, often driven by sensory needs, curiosity, or behavioral patterns that develop in response to otherwise unmet needs. Understanding which items are most frequently involved can help caregivers, educators, and healthcare providers reduce risks, plan safe environments, and provide appropriate supports.

Items can vary by age, environment, sensory preference, and access. Here are some common items that may be seen in pica:

	Earth / Natural materials <ul style="list-style-type: none">DirtClaySandMudStones or pebbles		Metal objects <ul style="list-style-type: none">CoinsScrewsNailsPinsJewelry
	Paper-based items <ul style="list-style-type: none">PaperCardboardToilet paperTissuesBooks or notebooks		Fabric-related items <ul style="list-style-type: none">ClothClothingTowelsBeddingCarpet fibers
	Household / manufactured items <ul style="list-style-type: none">ChalkPaint chipsSoapDetergentPlasticRubberFoamSpongeString or yarn		Other Items <ul style="list-style-type: none">Electrical wiresHair (trichophagia)LintFood-adjacent but non-foodIce (pagophagia)Cigarette ButtsRaw starch or flourCoffee groundsToys

While identifying common pica items is critical for informing treatment, for successful short term treatment and long term prevention, identifying changing and/or unmet needs is essential.