

## Different Food Textures for Children

*This dietary advice sheet gives some general information which can be used in conjunction with individual advice given by Speech and Language therapists and Dietitians.*

### Bite and Dissolve Foods

These foods melt in the mouth and do not require chewing. They are a good 'next step' for children who will not tolerate lumps in puréed food. They should always be given under supervision as if swallowed too quickly, they may cause choking.

#### Sweet

- Sponge fingers
- Ice cream wafers
- Meringues
- Sponge cakes
- Madeira cake
- Ice lollies
- Chocolate buttons
- Maltesers (halved)
- Aero bubbles (halved)
- Heinz biscotti
- Kiddielicious smoothie melts/ fruity puffs/ fruit wafers



#### Savoury snacks

- Wotsits/Skips/Quavers
- Prawn crackers
- TUC biscuits
- Pom-bear snacks
- Monster munch (broken into smaller pieces)
- Kiddielicious veggie straws
- Organix sweetcorn rings/ red pepper

### Bite and Chew Easily Foods

These foods are suitable for children with some munching skills. They require some preparation in the mouth before being swallowed.

#### Bread and cereals

- Soft biscuits e.g. Malted Milk, Jaffa Cakes, Digestives
- Lightly toasted white and wholemeal bread (not granary) with melted butter
- Sandwiches (crust removed) filled with smooth fillings such as tuna mayonnaise, Marmite, cheese spread, smooth peanut butter and smooth jam
- Chappati/paratha
- Garlic bread (not the crust)
- Pancakes

\* Some breads can be sticky and can cause difficulties.

#### Fruit and vegetables

- Very ripe, peeled fruit e.g. banana, pear, peach, mango, nectarine, melon, avocado
- Soft pieces of potato, plantain, carrot, parsnip, beetroot, sweet potato etc
- Soft chips

#### Dairy

- Pieces of soft cheese e.g. Dairylea, Wensleydale



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### Meat, fish poultry

- Small pieces of pre-packed slices of ham/chicken/turkey
- Small pieces of corned beef
- Small pieces of sausages with skin removed
- Small pieces of well-cooked fish (fresh, tinned or frozen)

• Fish fingers (may need to remove coating)  
\* Processed meats have a higher water content and are often softer than home cooked meat.

### Food with textures that may be more challenging

#### Bite and crumble

- Most biscuits (other than soft ones)
- Oat cakes
- Pastries e.g. croissants

#### Bite and splinter

- Crisps e.g. Walkers
- Cream crackers
- Ryvita
- Rice crackers
- Popadoms
- Bread sticks
- Dried banana



#### Bite and lump

- Raw apple
- Whole grapes
- Nuts (whole nuts should not be given until 5 years of age)

### Tacky/sticky foods

- Cream cheese
- Tahini/peanut butter
- Some white bread/bagels/naan bread
- Marshmallow

### Mixed textures

- Stage 2 (7 month) baby food
- Yogurt with bits of fruit
- Fruit in custard
- Pasta in a thin sauce
- Soup/casseroles/sauce with vegetable pieces
- Hard pieces of cereal floating in milk

### Chewable foods

The list of chewable foods is too long to list all the possible foods. However, the following foods may be used for chewing practice:

- Malt loaf
- Crusty bread
- Hamburgers
- Salami
- Pizza
- Firmer cooked vegetables
- Dried apricots/fruit chew bars

