

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

