

Children's Section: Different Food Textures

This dietary advice sheet gives some general information to help you make the recommended changes to your child's diet. If you need more detailed advice or if your child is following a special diet that makes it difficult to make these changes, please ask your doctor to refer your child to a registered dietitian or language speech therapist, specialising in swallowing.

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

- Soft sponge fingers
- Ice cream wafers
- Kiddylicious – wafers, chunky puffs, fruity puffs, smoothie melts
- Ella's kitchen – melty puffs, sticks, hoops
- Piccolo – wafer squares
- Cereals - Puffed Wheat
- Sugar Puffs
- Cheerios



- Rice paper
- Meringues
- Soft sponge cakes - madeira cake
- Chocolate buttons
- Small pieces of milk chocolate (plain, caramel or fondant fillings)
- Small pieces of aerated chocolate - flake, Aero, wispa etc
- Maltesers (cut into ½ or ¼)
- Ice lollies, frozen yoghurt



Savoury snacks

- Wotsits, Skips, Quavers
- Kiddylicious – Ha-pea snaps
- Ella's kitchen – melty puffs, sticks, hoops
- Organix – melty puffs, sticks, rings
- Prawn crackers
- TUC biscuits
- Pom-bear snacks
- Monster munch – broken into smaller pieces
- Bamba (peanut snack)

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, shortbread (not hard and crumbly biscuits), Kiddylicious - soft biscotti
- *White bread and butter
- Lightly toasted white and wholemeal bread (not granary) with melted butter
- Sandwiches made with white bread (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, croissants, cheese straws

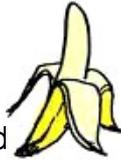
* Some breads can be sticky in the mouth and can cause difficulties.



Bite and Chew Easily Foods (Cont'd):

Fruit and vegetables

- Banana (bites or small pieces)
- Very ripe, peeled fruit e.g. pear, peach, mango, nectarine, melon, avocado
- Grapes (cut in half, peeled and de-seeded)
- Soft pieces of potato, plantain, carrot, parsnip, beetroot, sweet potato etc



Soft chips Dairy

- Pieces of soft cheese e.g. Dairy Lea, Wensleydale, Cheshire, Lancashire



Meat, fish poultry

- Small pieces of pre-packed slices of ham, chicken, turkey**
- Small pieces of corned beef, 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 high water content and so are often softer than other meat.

Food with textures that may be more challenging:

Bite and crumble

- Most biscuits
- Oat cakes
- Pastries

Bite and splinter

- Crisps
 - 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)
- Chicken nuggets

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 following foods may be used for chewing practice:

- Naan bread
- Malt loaf
- Crusty bread
- Hamburgers
- Salami
- Pizza
- Firmer cooked vegetables
- Dried fruit e.g. apricots, dates
- Fruit chew bars

