feeding and swallowing Disorders program

FOOD TEXTURES

**Texture and Consistency Examples for:**

**PUREES**

***These foods do not require chewing.  They are moved back in the mouth with suckle movement, and swallowed.******They are offered by spoon and may vary in consistency from smooth, thin, and “runny” to lumpy, thick, or “stiff.”***

**\*\*\*Any table foods can be “blenderized” to puree consistency\*\*\***

**Nutritional Categories:**

Grain Group

* Infant cereal (oat, barley, rice), rice cereal, oatmeal, cream of wheat, malt-o-meal

Vegetable Group

* Baby foods or blenderized cooked vegetables (sweet potatoes, squash, peas, beans)
* Mashed white potatoes or mashed sweet potatoes
* Spaghetti sauce (smooth with no chunks)
* Pumpkin (baked pumpkin pie filling or canned)
* Pureed vegetables in squeezable pouch
* Mashed avocado

Fruit Group

* Baby foods (applesauce, peaches, pears) or blenderized fruits
* Applesauce or flavored applesauce (mixed berry, apple-peach, apple-pear, apple-mango, apple-strawberry)
* Mashed banana
* Pureed fruits in squeezable pouch

Dairy Group

* Yogurt (milk based; Greek yogurt; soy yogurt; coconut milk yogurt) NOTE: any yogurt with fruit pieces can be blenderized to puree texture
* Soft cheese spreads
* Pudding or custard

Protein Group

* Refried beans
* Hummus
* Peanut butter (check with pediatrician for when to introduce secondary to allergies)
* Peanut butter alternatives (sun butter, almond butter, WOW butter)

**Texture and Consistency Examples for:**

**PUREES - DIPS**

***High calorie options or ideas for the little one who loves to add a little extra something; either for fun,***

***calories or for added sensory information.***

\*\*\*These foods are offered by spoon and may vary in consistency from smooth,

thin, and “runny” to lumpy, thick, or “stiff.”\*\*\*

**Nutritional Categories:**

Fruit and Vegetable Group

* Guacamole
* Fruits or vegetables pureed as a dip

Dairy Group

* Cream cheese (plain, veggie, strawberry, blueberry, pineapple) mixed with cool whip
* Strawberry cool whip with fluff

Fats and sweets

* Marshmallow fluff
* Ketchup
* Barbeque sauce
* Gravy
* Jelly, jam
* Chocolate sauce, butterscotch, or caramel sauce
* Syrup, flavored syrups
* Frosting

**Texture and Consistency examples for:**

### **Meltable Solids**

***These foods “melt” or soften readily with saliva and then break apart easily***

***with gumming, mashing, or minimal chewing.***

**Nutritional Categories:**

Grain Group

* Puffed Rice/Corn Snacks (Pirate’s Booty, Veggie Booty, White Cheddar, Pizza, and Chocolate)
* Infant/toddler puffs (Gerber, Plum Organics, Ella’s Kitchen Organic Puffits)
* Graham crackers
* Wafer cookies (chocolate, vanilla, and strawberry)
* Butter cookies
* Butter crackers such as Ritz
* Ice cream cone
* Crushed cookies, cookie crumbs (such as Oreos)
* Baby Mum-Mums
* Happy Baby Gentle Teethers Teething Wafers (variety of flavors)
* Cheese puffs (puffed cheetos, cheese balls)
* Angie’s Boom Chika Puffs; Sweet and Salty flavor

Fruit and Vegetable Group

* Veggie sticks, chips or straws
* Fruit Booty
* Some freeze dried fruits and vegetables (Brand and food specific. Some brands include : Just Tomato’s, Archer Farms, Brother’s All Natural, Mrs. May’s) \* not all freeze dried fruits and vegetables are meltable, please trial yourself prior to giving to your child
* Barbeque Potato Straws
* Apple Cinnamon Straws
* Snap pea crisps (original and caesar)
* Happy Baby Organic Creamies

Fats and Sweets

* Chocolate (milk or white)
* Cotton candy

**Texture and Consistency examples for:**

**Soft Solids, Mechanical Soft Solids**

***These foods can be mashed and then swallowed, or break apart easily***

***in the mouth without the need to chew.***

**Nutritional Categories:**

Grain Group

* Soft breads
* Soft, cooked or canned pasta such as chef-boy-r-dee, Gerber graduates, Kraft macaroni & cheese
* Pancakes (softened with butter and syrup)
* Muffin, cake
* Fruit and cereal bars, such as Nutri-grain bars
* Plum Kids Organic Jammy Sammy

Vegetable Group

* Soft, well-cooked vegetables such as those found in soups (carrots, potatoes, squash) or canned/jarred

Fruit Group

* Soft, ripe fruits (especially canned fruits such as mandarin oranges, pears, peaches, kiwi, bananas, mangos, apricots and thinly sliced watermelon). \* Juicy fruits may pose a risk for children with swallowing difficulties

Dairy Group

* Thinly sliced cheese
* Processed cheese slices, such as Kraft
* Cottage cheese
* Cheesecake

Protein group:

* Scrambled eggs (check with pediatrician for when to introduce due to possible food allergies)
* Meat sticks (Gerber) or Vienna sausages
* Ground meat or very tender meats, fish, or poultry

**Texture and Consistency examples for:**

### **SOLIDS** (Part 1)

***These foods require some manipulation and breakdown via chewing prior to safely swallowing. There is a wide variety of solids from semi-soft to crunchy to chewy. Consider your child’s oral motor skills (ability to chew) before offering these foods.***

**Nutritional Categories:**

Grain Group

* Crackers and Snack foods such as: Wheat Thin sticks, Ritz cracker sticks, Pringles sticks, Rice works cracker crisps (gluten free), Nut-thins (gluten free), Oreo sticks/straws (vanilla and chocolate)
* Rice
* French toast
* Belgium Waffles
* Cookies such as: chocolate chip cookies, Oreo cookies
* Bagels
* Toast
* Pastas such as periogies, gnocchi, ravioli (variety of fillings)

Protein group

* Meatloaf (made with bread or potato chips)
* Chicken, chicken nuggets
* Seafood, Fish
* Steak
* Pork
* Hotdogs
* Hamburgers/cheeseburgers
* Protein and energy bars such as: Lara bars, Cliff bars, Kind bars, etc.
* Meat-substitutes such as Boca Burgers, Morningstar products (burgers, chicken nuggets or patties, sausage links or patties, etc.)
* Hard boiled eggs, fried eggs

**Texture and Consistency examples for:**

### **SOLIDS** (Part 2)

***These foods require some manipulation and breakdown via chewing prior to safely swallowing. There is a wide variety of solids from semi-soft to crunchy to chewy. Consider your child’s oral motor skills (ability to chew) before offering these foods.***

Protein Group, continued

* Pancake sausage sticks
* Cheese sticks and other hard cheeses
* Toaster breakfast items such as: Toaster scrambles (cheese, egg and bacon; cheese, egg, and sausage)
* Cooked legumes/beans

Fruit group

* Apples
* Pineapple
* Strawberries
* Blueberries
* Melons
* All dried fruits, fruit leathers and fruit snacks

Vegetable group

* Celery
* Cucumber
* Raw broccoli/cauliflower
* Snap peas
* Raw carrots
* Broccoli fries
* Sweet potato fries
* Vegetable patties such as: Dr. Praeger’s patties (broccoli, spinach, sweet potato, potato)

Fruit And Vegtable group

* Plum Kids Organic Fruit and Veggie Shredz

**Texture and Consistency examples for:**

**MIXED TEXTURES**

***These foods contain more than one food texture, and require mature oral motor skills to manage.***

Note: Most Stage 3 Baby Foods are mixed textures as they have solid pieces mixed into the puree (generally not recommended as next step from stage 2 foods)

* Casseroles
* Soups with vegetables, pasta, rice, meat
* Yogurt with fruit pieces, granola or toppings
* Cereal with milk
* Juicy watermelon or oranges
* Jello with fruit

**Texture and Consistency examples for:**

**BEVERAGES**

**Complete Nutritional Supplements (to be used as directed by your pediatrician or dietician)**

* Pediasure
* Kindercal
* Carnation Breakfast Essentials

**Nutritional Categories:**

Vegetable Group

* Juices (carrot, tomato, V-8)
* Soup broth

Fruit Group

* Juices (apple, grape, white grape, cranberry, orange and fruit blends)
* Lemonade
* Fruit Smoothies

Milk Group

* Breast milk
* Formula
* Milk (whole milk, 2%, 1%, skim)
* Milk alternatives (soy, almond, rice or coconut milk)
* Hot chocolate
* Milk shake
* Drinkable yogurt
* Creamed soups

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