

## A list of different food textures for children

This dietary advice sheet provides some general information that 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. These foods should always be given under supervision as if swallowed too quickly, they may cause choking.

### Sweet

- Some brands of sponge fingers
- Sponge cakes e.g. Madeira cake
- Ice cream wafers
- Ice lollies

**Bite and Chew Easily Foods:** these foods are suitable for pupils with some munching skills. They require some preparation in the mouth before being swallowed.

### Bread and cereals

- \*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 e.g. tuna mayonnaise, Marmite™, cheese spread, smooth jam
- Chappati/paratha
- Garlic bread (not the crust)
- Pancakes, croissants, cheese straws

\* **Note:** some breads can be sticky and can cause difficulties

### Starchy food, fruit and vegetables

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

### Dairy

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

### Meat, fish and 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 with bones and skin removed)
- Fish fingers (may need to remove coating)

**Note:** \*\* Processed meats have a high water content and so 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

### Bite and splinter

- 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

### Mixed textures

- 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:

- Naan bread
- Malt loaf
- Crusty bread
- Firmer cooked vegetables
- Dried apricots

\*\*\*Be aware of nut allergies. Always refer back to the school and catering policies regarding nuts. Many schools are finding that cases of allergies from peanuts (as well as milk and eggs) are on the increase. The Anaphylaxis campaign states that even the most extreme form of allergy – anaphylaxis – is manageable in schools and cross contamination can be significantly lowered by washing hands with soap after eating/handling nuts. We recommend you visit the [www.allergyschools.org.uk](http://www.allergyschools.org.uk) website for accurate, reliable information on managing allergies in schools.