

9D: SPECIALIZED FOOD AND LIQUID EXAMPLE LISTS

Foods and liquids come in several different textures and consistencies. Choosing the right food texture and liquid consistency for a child helps make mealtimes safe and comfortable. Offering a texture and consistency that fits a child’s skill level is critical in supporting successful feeding. Below are lists of example foods and liquids that match each texture and consistency. These foods may be found in your community. Use these lists as a guide for choosing appropriate food textures and liquid consistencies for the children in your care.

SOLID FOOD TEXTURES	EXAMPLE FOODS	EXAMPLE FOODS (CONTINUED)
Pureed or Extremely Thick	<ul style="list-style-type: none"> <li>○ Blended vegetables (squash, carrots, parsnips, sweet potatoes, pumpkin, green beans, spinach, peas, zucchini, etc.)</li> <li>○ Blended fruits (peaches, bananas, plantains, mangoes, apricots, pears, avocados, tomatoes, plums, kiwis, nectarines, chikoos, sapotas, sapodillas, papayas, etc.)</li> <li>○ Blended meats (chicken, beef, turkey, pork, lamb, mutton)</li> <li>○ Applesauce</li> <li>○ Pudding or flan</li> <li>○ Pureed canned meat</li> </ul>	<ul style="list-style-type: none"> <li>○ Thick cereals or porridge (oatmeal, cream of wheat, cream of rice, farina, phala)</li> <li>○ Blended soups and stews (not runny)</li> <li>○ Yogurt</li> <li>○ Kefir or Tapar</li> <li>○ Chaas</li> <li>○ Lassi</li> <li>○ Refried beans</li> <li>○ Corn grits</li> <li>○ Ricotta cheese</li> <li>○ Smooth mashed cottage cheese</li> <li>○ Mashed potatoes</li> <li>○ Commercial pureed baby foods</li> </ul>
Minced and Moist	<ul style="list-style-type: none"> <li>○ Finely minced meats (ground beef, chicken, turkey, lamb, mutton, pork)</li> <li>○ Canned chicken breast (mashed, moist)</li> <li>○ Canned tuna or fish (mashed, moist and without bones)</li> <li>○ Mashed white fish (cod, tilapia, haddock, orange roughy)</li> <li>○ Thick cereals with small lumps</li> </ul>	<ul style="list-style-type: none"> <li>○ Finely minced or mashed vegetables (potatoes, squash, carrots, parsnips, green beans, spinach, etc.)</li> <li>○ Finely minced or mashed fruits (avocado, banana, mangoes, berries, etc.)</li> <li>○ Eggs or egg substitute (scrambled)</li> </ul>
Soft and Bite-Sized	<ul style="list-style-type: none"> <li>○ Cooked-tender meats (chicken, beef, pork, lamb, mutton, etc.)</li> <li>○ Flaky fish (cod, tuna, halibut, haddock, orange roughy, etc.)</li> <li>○ Mashed fruits (bananas, avocados, mangoes, berries, nectarines, tangerines, plums, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>○ Steamed or boiled vegetables (carrots, parsnips, green beans, peas, broccoli, cabbage, cauliflower, etc.)</li> <li>○ Soft cheese</li> <li>○ Eggs (hard boiled, scrambled, fried)</li> <li>○ Soaked breads that are “moist” to touch</li> <li>○ Noodles and rice</li> </ul>
Regular	<ul style="list-style-type: none"> <li>○ All meats, fish, vegetables, fruits, cheese, eggs, lentils, beans, breads, tortillas, grains, etc.</li> </ul>	

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LIQUID CONSISTENCIES	EXAMPLE LIQUIDS
Thin	<ul style="list-style-type: none"> <li>○ Water</li> <li>○ Tea and coffee (nothing added)</li> <li>○ Broth</li> </ul>
Slightly Thick	<ul style="list-style-type: none"> <li>○ Breastmilk</li> <li>○ Formula</li> </ul>
Mildly Thick	<ul style="list-style-type: none"> <li>○ Fruit nectars (peach, pear, orange, pineapple, mango, etc.)</li> <li>○ Tomato juice</li> <li>○ Milk (cow's, soy, rice, coconut, hemp)</li> </ul>
Moderately Thick	<ul style="list-style-type: none"> <li>○ Runny pureed fruits</li> <li>○ Runny rice cereals</li> <li>○ Creamed soups (spinach, potato, asparagus, squash, tomato, etc.)</li> <li>○ Sauces, gravies, syrups (not runny)</li> <li>○ Honey</li> </ul>
Extremely Thick or Pureed	<ul style="list-style-type: none"> <li>○ Blended vegetables (squash, carrots, parsnips, sweet potatoes, pumpkin, green beans, spinach, peas, zucchini, etc.)</li> <li>○ Blended fruits (peaches, bananas, plantains, mangoes, apricots, pears, avocados, tomatoes, plums, kiwis, nectarines, chikoos, sapotas, sapodillas, papayas, etc.)</li> <li>○ Blended meats (chicken, beef, turkey, pork, lamb, mutton)</li> <li>○ Yogurt</li> <li>○ Kefir</li> <li>○ Chaas</li> <li>○ Lassi</li> </ul>