

## Food Selection by Texture

This table is for reference purposes only. It aims to provide food ideas for children based on texture selection. As an example, if you notice that your child only eats foods that require less chewing, such as crispy and/or soft-textured food, then you should try to slowly introduce alternatives. To start with, try alternative foods that have similar smells and tastes to his/her current food liking such as replacing potato crisps with rice crisps. **Increased food exposure** is likely help to expand the familiarity of "new" foods for your child. However, **never give up** on introducing new foods!

Food texture	Food Group					
	Bread & cereal	Vegetable / legumes	Fruit	Meat/fish/poultry	Dairy	Miscellaneous
<b>Crispy</b>	Thin pizza base Wafer Water cracker Rice cracker Baked filo pastry	Papadum Iceberg lettuce Celery	Fruit crisps	Grilled bacon		Potato crisps
<b>Crunchy</b>						
<b>Hard</b>	Cereal bar Nachos Fried bread	Carrot Corn on the cob	Apple Pear	Nuts		Lollies Plain sweet biscuits Pretzels
<b>Soft</b>	Waffle Pop tarts	Baked potato wedges Raw button mushrooms	Nectarine			Popcorn
<b>Notes</b>						

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	Bread & cereal	Vegetable / legumes	Fruit	Meat/fish/poultry	Dairy	Miscellaneous
<b>Chewy</b>						
	Bread Thick pizza base Muesli bar Pasta	Cooked mushroom	Dried fruits	Beef steak Pork/lamb chop Pepperoni Prosciutto	Cheese strings Grilled Haloumi cheese	Gummy bears Glutinous rice balls
<b>Soft</b>						
<b>Smooth</b>	Pancake	Mashed vegetables	Fruit jelly	Silken tofu	Plain yoghurt Custard / puddings Smooth ricotta	Jelly Marshmallow
<b>Puree</b>	Porridge Rice Krispies soaked with milk	Mashed sweet potato / pumpkin Mashed cauliflower Hummus	Fruit puree Avocado Mashed banana	Scrambled eggs	Smoothies Ice cream Sorbet	
<b>Fibrous</b>	Couscous Rice	Baked beans Tomato Cooked yam/taro	All soft fruits	Stewed/minced meat Canned fish Fish fillets Sausages	Yoghurt with fruit pieces	
<b>Notes:</b>						