

Food Textures for Children: Backgrounder

We are pleased to announce a new provincial resource

What is the new resource?

404107 – NFS Food Textures for Children

Which resources does it replace?

Please discontinue use of and discard the resources below.

Food Textures for Children replaces:		
Previous resource name	Region	Form number
Chopped Foods for Your Child	Calgary	607256
Finger Foods for Your Child	Calgary	607248
Soft Mashed Foods for Your Child	Calgary	606989

Who is the target audience?

Parents or caregivers of children with delays in texture progression.

Who will use the resource?

This resource is intended to be used in a feeding therapy environment by dietitians or other health professionals.

What is the purpose of the resource?

This resource provides food ideas and tips for children who need pureed, mashed, diced or finger foods.

What are the key messages?

- There are different textures that require different oral-motor skills. (Pureed, mashed (minced), soft diced foods (dysphagia soft), soft table foods/finger foods).
- Offer a variety of foods within the texture that is appropriate for your child to meet their nutrition needs.
- Children acquire oral-motor skills at different times and may be between two stages while transitioning.

Who developed the resource?

This resource was developed by the Nutrition Services, Pediatric Feeding Difficulties Working Group and reviewed by stakeholders across the province.

Where can I find the new resource?

- **The Nutrition and Food Services provincial shared drive** (X:\Nutrition Services\General Access Documents\Education Resources\Patient Handouts & Info Sheets) :
 - in the **Therapeutic Nutrition/Pediatrics** folder
 - from the **Provincial Resource list**, which has links to each resource on the provincial shared drive

How do I order the resource?

- Within AHS, it can be ordered through Data Group using the form number listed above. Ask your NS Secretary to order the resource for you.
- If you require small numbers of this resource, (e.g. 25 or less in 6 months) please print what you need from the pdf files on the shared drive, instead of ordering from Data Group.
- For non-AHS customers and partners, the resource can be ordered from the Nutrition Resource On line Catalogue (DATA online) see: [Healthy Eating Resources](#)

Questions?

Please direct questions to NutritionResources@albertahealthservices.ca

Thank you,



Education Resources

Nutrition Services

8th Floor, 10030-107 St

Edmonton, AB T5J 3E4

tel: 780-735-1335 fax: 780-735-0330

Alberta Health Services

www.albertahealthservices.ca