

Food Ideas by Texture

Offer foods with a texture your child likes to add variety and improve nutrition.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Crispy and crunchy			
<ul style="list-style-type: none"> <input type="checkbox"/> Apple, green pear, guava <input type="checkbox"/> Banana or apple chips <input type="checkbox"/> Bell peppers, cabbage, carrots, celery, corn on the cob, cucumbers, iceberg lettuce, kohlrabi, radishes, snap peas <input type="checkbox"/> Dried seaweed <input type="checkbox"/> Frozen melon strips and grapes <input type="checkbox"/> Frozen peas <input type="checkbox"/> Kale chips <input type="checkbox"/> Veggie chips made from carrots, parsnips, beets, or radishes 	<ul style="list-style-type: none"> <input type="checkbox"/> Breakfast bars <input type="checkbox"/> Croutons <input type="checkbox"/> Dry cereal <input type="checkbox"/> Filo pastry <input type="checkbox"/> Granola <input type="checkbox"/> Pita chips <input type="checkbox"/> Popcorn <input type="checkbox"/> Pretzels <input type="checkbox"/> Rice, rye, or soda crackers <input type="checkbox"/> Thin pizza crust <input type="checkbox"/> Toast <input type="checkbox"/> Tortilla chips 	<ul style="list-style-type: none"> <input type="checkbox"/> Baked mozzarella sticks <input type="checkbox"/> Freeze dried cheese <input type="checkbox"/> Parmesan crisps 	<ul style="list-style-type: none"> <input type="checkbox"/> Battered or bread crumb coated chicken, fish, or meat <input type="checkbox"/> Bean chips or crisps <input type="checkbox"/> Chia, flax, pumpkin, or sunflower seeds <input type="checkbox"/> Grilled bacon or ham <input type="checkbox"/> Peanuts, nuts <input type="checkbox"/> Roasted chickpeas or soybeans <input type="checkbox"/> Sesame snaps
Chewy			
<ul style="list-style-type: none"> <input type="checkbox"/> Cooked mushrooms <input type="checkbox"/> Dried fruit such as apples, apricots, dates, mango, or raisins <input type="checkbox"/> Fruit leather 	<ul style="list-style-type: none"> <input type="checkbox"/> Bagels, bread <input type="checkbox"/> Frozen pancakes or waffles <input type="checkbox"/> Granola bars or energy balls made with oats <input type="checkbox"/> Oatmeal cookies <input type="checkbox"/> Pasta <input type="checkbox"/> Soft pretzels <input type="checkbox"/> Thick pizza crust <input type="checkbox"/> Whole grains such as barley, steel cut oats, or wild rice 	<ul style="list-style-type: none"> <input type="checkbox"/> Cheese strings <input type="checkbox"/> Grilled haloumi cheese 	<ul style="list-style-type: none"> <input type="checkbox"/> Battered fish <input type="checkbox"/> Beef jerky <input type="checkbox"/> Beef, lamb or pork steaks or chops <input type="checkbox"/> Prosciutto <input type="checkbox"/> Salami, pepperoni stick <input type="checkbox"/> Shell fish such as clams or oysters

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Soft			
<ul style="list-style-type: none"> <input type="checkbox"/> Apple sauce <input type="checkbox"/> Avocado, tomato <input type="checkbox"/> Banana, kiwi, mango, nectarine, peach, pineapple <input type="checkbox"/> Canned or cooked fruit <input type="checkbox"/> Cooked broccoli, cauliflower, okra, pea, potato, pumpkin, sweet potato, or yam <input type="checkbox"/> Grapefruit or orange segments with membrane removed <input type="checkbox"/> Guacamole 	<ul style="list-style-type: none"> <input type="checkbox"/> Cooked amaranth, barley, couscous, or rice <input type="checkbox"/> Cooked semolina, cornmeal, or congee <input type="checkbox"/> Muffins <input type="checkbox"/> Oat porridge <input type="checkbox"/> Over-cooked pasta <input type="checkbox"/> Pancake, crepe <input type="checkbox"/> Rice cereal <input type="checkbox"/> Rice pudding 	<ul style="list-style-type: none"> <input type="checkbox"/> Cheese sauce <input type="checkbox"/> Custard, pudding <input type="checkbox"/> Plain yogurt <input type="checkbox"/> Milk <input type="checkbox"/> Ricotta or cottage cheese <input type="checkbox"/> Soft cheese <input type="checkbox"/> Yogurt with fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> Baked beans, lentils <input type="checkbox"/> Canned fish <input type="checkbox"/> Fish fillet <input type="checkbox"/> Hard-boiled or scrambled egg <input type="checkbox"/> Hummus <input type="checkbox"/> Peanut butter <input type="checkbox"/> Silken and fruit flavoured tofu <input type="checkbox"/> Stewed or minced meat
Meltable or dissolvable solids			
<ul style="list-style-type: none"> <input type="checkbox"/> Baked green pea crisps <input type="checkbox"/> Freeze-dried strawberries <input type="checkbox"/> Toddler vegetable or fruit puffs <input type="checkbox"/> Puffed vegetable sticks 	<ul style="list-style-type: none"> <input type="checkbox"/> Baby cookies <input type="checkbox"/> Graham crackers <input type="checkbox"/> Puffed cereals <input type="checkbox"/> Rice husks <input type="checkbox"/> Toddler rice puffs 	<ul style="list-style-type: none"> <input type="checkbox"/> Toddler freeze-dried yogurt snacks 	<ul style="list-style-type: none"> <input type="checkbox"/> Black bean crisps <input type="checkbox"/> Lentil crisps <input type="checkbox"/> Peanut crisps

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Stick shaped foods			
<ul style="list-style-type: none"> <input type="checkbox"/> Asparagus, cucumber, green beans, peppers, snow peas, zucchini <input type="checkbox"/> Baked potato, sweet potato, or zucchini wedges <input type="checkbox"/> Fruit cut into strips (apple, pear, melon, pineapple) <input type="checkbox"/> Hard raw vegetables such as carrot, celery, or jicama <input type="checkbox"/> Puffed vegetable sticks, green pea crisps 	<ul style="list-style-type: none"> <input type="checkbox"/> Baked pita or tortilla strips <input type="checkbox"/> Breadsticks <input type="checkbox"/> Crackers <input type="checkbox"/> Granola bar, cereal bar <input type="checkbox"/> Pancake or waffle strips <input type="checkbox"/> Pretzel sticks <input type="checkbox"/> Toast or bagel strips 	<ul style="list-style-type: none"> <input type="checkbox"/> Cheese strings <input type="checkbox"/> Frozen yogurt tubes <input type="checkbox"/> Homemade milk or yogurt-based popsicles 	<ul style="list-style-type: none"> <input type="checkbox"/> Beef jerky <input type="checkbox"/> Chicken or fish fingers <input type="checkbox"/> Falafel waffle <input type="checkbox"/> Firm tofu <input type="checkbox"/> Frittata fingers <input type="checkbox"/> Ground meat kabobs <input type="checkbox"/> Pepperoni sticks
Binders (thick purees that help bind foods together)			
<ul style="list-style-type: none"> <input type="checkbox"/> Applesauce or other fruit sauces <input type="checkbox"/> Guacamole <input type="checkbox"/> Pureed soft cooked or canned fruits such as apple, blueberries, mango, peach, or pear <input type="checkbox"/> Pureed soft cooked or canned vegetables such as peas, potato, roasted red pepper, squash, or sweet potato <input type="checkbox"/> Pureed vegetable soup <input type="checkbox"/> Tomato sauce 	<ul style="list-style-type: none"> <input type="checkbox"/> Congee <input type="checkbox"/> Pureed soft cooked pasta <input type="checkbox"/> Smooth baby cereal, other smooth hot cereals 	<ul style="list-style-type: none"> <input type="checkbox"/> Cheese or cream sauce <input type="checkbox"/> Greek yogurt <input type="checkbox"/> Mascarpone cheese <input type="checkbox"/> Pudding <input type="checkbox"/> Sour cream <input type="checkbox"/> Tzatziki sauce <input type="checkbox"/> Whipped cream cheese 	<ul style="list-style-type: none"> <input type="checkbox"/> Finely mashed egg or tuna salad <input type="checkbox"/> Hummus <input type="checkbox"/> Melted smooth peanut, nut, or seed butter <input type="checkbox"/> Pureed lentils <input type="checkbox"/> Pureed soup <input type="checkbox"/> Pureed tofu <input type="checkbox"/> Refried beans