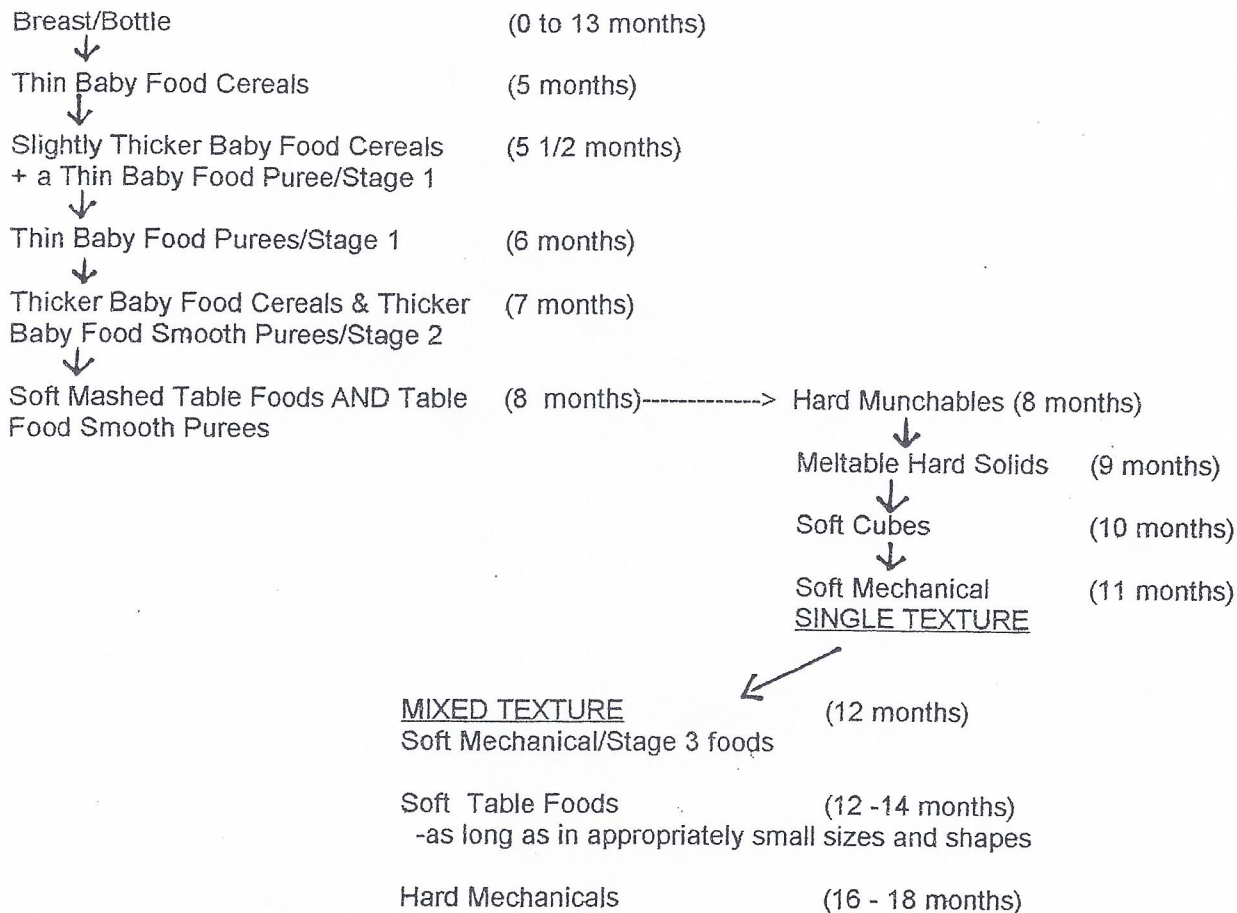


## DEVELOPMENTAL FOOD CONTINUUM



**Hard Munchables:** frozen melons in strips, raw carrot sticks, jicama, celery sticks, baby pretzels, Dutch pretzels, dried fruits, bagel strips, frozen pancakes, frozen waffles (licorice, suckers, beef jerky for kids with feeding delays > 12 months old)

*(The Goal with Hard Munchables is oral EXPLORATION ONLY; NOT consumption yet)*

**Meltable Hard Solids:** townie crackers, biter biscuits, graham crackers, thawing frozen pancakes, thawing frozen waffles, Oatios, Gerber's cereal squares, Fruit Loops, Captain Crunch, baby cookies, Gaathiya (Cheetos, chocolates, Pringles, popsicles/frozen fruit bars for kids with feeding delays > 12 months old)

*(Meltables are foods which will dissolve with spit only; no or minimal pressure needed)*

**Soft Cubes:** avocado, overcooked squashes, kiwi, vegetable soup ingredients without the broth, Gerber Graduates fruits, boiled potatoes, peas, bananas, (ice creams, cheese cubes for kids with feeding delays > 12 months old)

**Soft Mechanical Single Texture:** fruit breads, muffins, soft small pastas, cubed lunch meats, thin deli meats in small rectangles, soft pasta or soft meat soups without the broth, soft pretzels, barley and scrambled eggs

*(Soft Mechanicals are foods that break apart in the mouth very easily)*

**Soft Mechanical -Mixed Texture:** macaroni and cheese, microwavable children's meals, soft chicken nuggets (not fast food), french fries, spaghetti, lasagna (fish sticks for kids with feeding delays > 12mos)

**Hard Mechanicals -Simple:** Cheerios, thin pretzel sticks, ritz crackers, saltine crackers, most other crackers, cookies, Poptarts, most other chips, Fritos, many other cereals