

Tips for Texture-Sensitive Kids



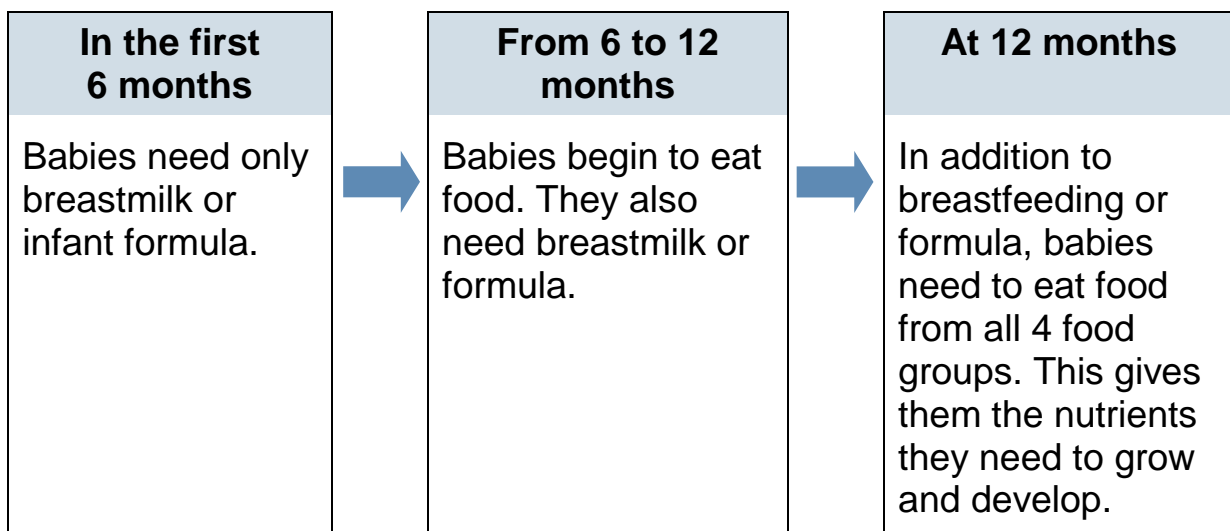
Some toddlers resist eating a wide range of foods. They may have:

- anxiety about trying new foods or
- a strong reaction to the smell, taste or texture of foods

This booklet suggests ways to:

- ✓ help your toddler learn to try new foods
- ✓ meet your child's needs for nutrition as they move from pureed food to table food

What is a balanced diet for a growing baby?



What if my child is not interested in eating?

Continue to offer your child foods from each food group with the textures and tastes they like. Pureed foods contain the same nutrition as table foods. Your child may just need more time to adjust to eating foods with different textures.

During this time, your child's nutrition is important. Try not to give poor quality foods such as french fries and cheesies.

How can I help my child learn to eat more foods and stay healthy?



Be patient. Your child will learn to eat foods with more texture on their own schedule.

You may need to offer a new taste more than 10 times before your child gets used to it.

Eat as a family and keep meal times enjoyable (don't force-feed or bribe your child to eat).

Choose foods that are nutritious and provide energy (calories). Let your child choose if and how much they eat.

If any food group is lacking in your child's diet, talk with a dietitian. Your child may need a supplement to get all the vitamins and minerals they need.

Messy play can help toddlers who are sensitive to food texture or worry about getting their hands and face dirty. An occupational therapist can provide ideas for helping sensitive or picky eaters get used to new textures and tastes.

Look at the chart on the next page. Foods are listed from 'simple' to 'complex' texture. Continue to feed your child foods which they eat well and gradually offer more challenging foods. Be patient, your child will gradually learn to enjoy foods with different textures.

	Texture	Meat	Milk	Grains	Fruit and Vegetables
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;">Simple</div> <div style="margin-bottom: 10px;">↑</div> <div style="margin-bottom: 10px;">↓</div> <div style="margin-top: 10px;">Complex</div> </div>	Thick puree	pureed meat, hummus, peanut butter	yogurt, puddings, smoothie, veggie dips (made with yogurt)	infant cereal, some hot cereals	pureed fruit and vegetables, mashed potatoes, pureed soups, applesauce
	Meltables	dessert tofu, silken tofu	homemade pudding or yogurt, popsicles, frozen yogurt	graham crackers, Farley's biscuits, buttery crackers, toddler 'puffs'	
	Crumbs		feta cheese	whole grain crackers, dry cereal, cookies, toast	finely grated coconut
	Soft cubes	scrambled egg, cubes of tofu		boiled potato, toasted O's cereal	overcooked vegetables, ripe fruit: (banana, kiwi, peaches, avocado)
	Soft solid (single texture)	flakes of tuna or other fish, cubed ham (<i>avoid albacore tuna</i>)	grated cheese, cheese cubes	thick mashed potatoes	
	Soft solid (mixed textures)	soft chicken nuggets or strips, canned beans	cottage cheese	pasta, quinoa, rice with sauce, soups with pasta/veg/lentil, oatmeal, toast with jam/peanut butter	applesauce with cut mixed fruit, fruit cups
	Hard solid (single texture)	meat, chick peas, soy "ground round"	thinly sliced cheese	hard cookie, crunchy cereal, rice cakes	small pieces of raw fruit, raw veggies, dried fruit
	Mixed textures	Pizza, Shepherds Pie, Casseroles, Lasagne, Stew			

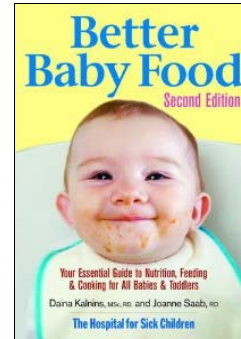
Where can I get more information?

We recommend these books:

Better Baby Food (2008)

by Dana Kalnins and Joanne Saab

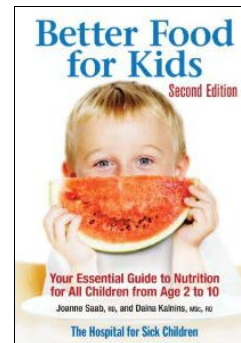
Available online and in bookstores.



Better Food for Kids (2010)

by Joanne Saab and Dana Kalnins

Available online, in bookstores, and from the Hamilton Public Library.



Getting to Yum (2014)

by Karen LeBillion

Available online, in bookstores, and from the Hamilton Public Library.

