



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 could 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 chips. **Increased food exposure** might 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
Crispy						
	Thin pizza base Wafer Water cracker Rice cracker/chip Rice bubbles Baked filo pastry	Pappadam Iceberg lettuce Celery	Fruit crisps	Grilled bacon		Potato crisps
Crunchy						
Hard	Breakfast bar with nuts Nacho Dried bread	Carrot Corn on cob	Apple Green pear Guava	Dried nuts		Hard boiled lollies Soy crisps Taro/ Jackfruit chips Plain sweet biscuits Pretzels (snacked)
Soft	Waffle Fruit-filled breakfast bar Rice cakes Corn thins Puffed grains	Blanched broccoli/ asparagus Raw button mushroom Rosti Baked potato wedges	Nectarine			Popcorns

Food Texture	Food Group					
	Bread & Cereal	Vegetable/ Legumes	Fruit	Meat/ Fish/Poultry	Dairy	Miscellaneous
Chewy						
	Bread Thick pizza base Pretzel Muesli bar Yoghurt-coated breakfast bar Pasta	Cooked mushroom	Fruit rolls Dried fruits (e.g. apple rings/ apricot)	Beef steak Pork/ lamp chop Salami/ pepperoni stick Prosciutto Beef jerky	Cheese sticks Grilled Haloumi cheese	Gummy candy Liquorice Glutinous rice balls Sago Mochi
Soft						
Smooth	Pancake/ pikelet/ crepe	Mashed & meshed vegetables (i.e. boiled, mashed and filtered the fibrous using a sieve)	Fruit Jelly	Silken tofu	Plain yoghurt Dairy milk drinks Custard/ Puddings Cheese fondue Smooth ricotta	Jelly Chocolate fondue Marshmallow
Puree	Oat porridge Rice bubbles soaked with added milk Cooked semolina	Mashed pumpkin/ sweet potato/ potato Mashed cauliflower/ broccoli/ pea Bean dipping sauce (e.g. Hummus)	Fruit puree Avocado Mashed pawpaw/ banana	Puree scrambled eggs Meat blended with gravy/ sauce	Smoothies Ice-cream Sorbet/ Gelato	
Fibrous	Boiled couscous/ Barley/ rice/ amaranth	Baked beans Tomato Boiled okra Cooked yam/ taro	All soft fruits (e.g. mango, nectarine, peach)	Stewed/ Minced meat Canned fish Fish fillet Sausages	Yoghurt with real fruit pieces	
Notes:						