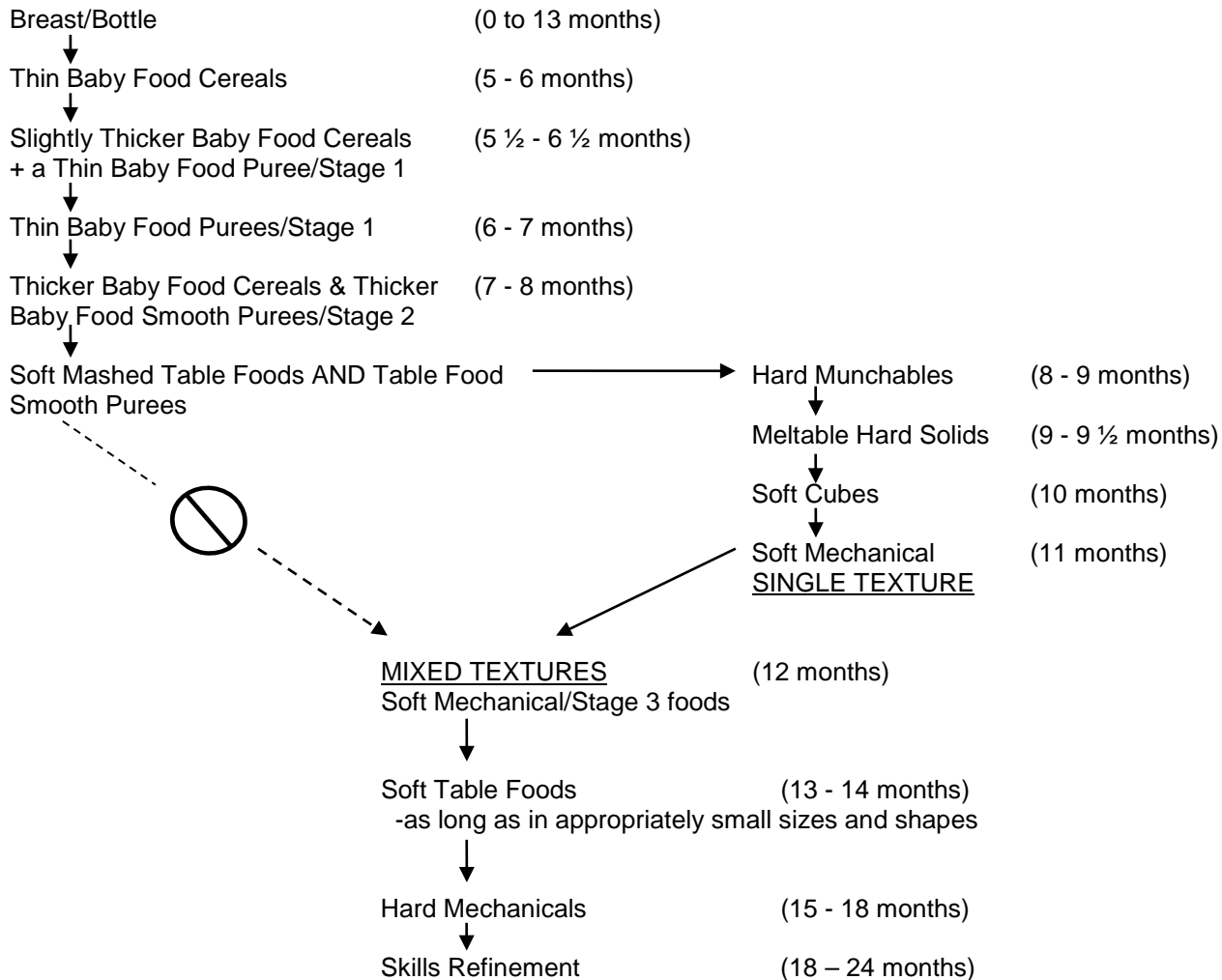


DEVELOPMENTAL FOOD CONTINUUM



Hard Munchables: raw carrot sticks, jicama sticks, celery sticks, hard dried fruit sticks, frozen melons in strips, Dutch pretzels, bell pepper strips, whole dill pickles, some biter biscuits, frozen French toast sticks, frozen waffle sticks (stale licorice, suckers, hard 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, some biter biscuits, graham cracker sticks, thawing frozen pancakes, thawing frozen waffles, Gaathiya, Snap Pea Crisps, Gerber's cereal squares, Fruit Loops, Baby Mum Mums, baby cookies, Pirate Booty (Cheetos, chocolates, popsicles or creamsicles frozen 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, vegetable soup ingredients without the broth, Gerber Graduates fruits, boiled potatoes, bananas, mandarin oranges (ice creams, soft cheese cubes for kids with feeding delays > 12 months old)
(Soft Cubes turn into a puree with up and down pressure = munching only)

Soft Mechanical - Single Texture: muffins, soft small pastas, cubed bologna, thin deli meats in small rectangles, very soft pasta, scrambled eggs, hard boiled eggs, soft meat soups without the broth, white bread (no crust)
(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/strips, French fries, spaghetti, lasagna, peas, blueberries (fish sticks for kids with feeding delays > 12 months old)

Hard Mechanicals: very crunchy crackers, kettle chips, hard cookies, tortilla chips, sticks of hard raw fruits + peels, hard raw vegetables, hamburger, pork chop, steak, pretzel rods