

REQUIREMENTS OF A FOOD HIERARCHY

NUTRITION REQUIREMENTS: Every Food Hierarchy must include at least

ONE **protein** food = meats, soy, dark beans, fish, nuts, seeds, dairy

ONE **starch/carbohydrate** food = rice, corn, potato, wheat, oat based foods

ONE **fruit or vegetable** = fresh, dried or dehydrated (idea would be to have one fruit AND one vegetable)

TEXTURE REQUIREMENTS: Every Food Hierarchy must include at least ...

ONE “**Hard Munchable**” food = long, hard stick shaped food that the Child can NOT get a bite off of. Goal = tongue lateralization.

Examples = jicama, whole carrot, celery, Slim Jim, beef jerky, pretzel rod, dried papaya spear, frozen French Toast stick

ONE “**Meltable Hard Solid**” = stick shaped or small cube shaped food that melts in just saliva; doesn't have to have chewing to melt. Goal = tongue tip laterals.

Examples = cereal puffs, Kix, Cheetos, Snap Pea Crisps, Veggie Straws, Pringles, graham cracker sticks, Towne Cracker

ONE **Puree** = yogurts, nut butters, condiments, creamed soups, salad dressings, applesauce, fruit jelly, hummus, guacamole

SENSORY REQUIREMENTS:

EACH food in this Hierarchy must be linked to the food before and the food after it by the sensory properties of these foods (eg. color, size, shape, taste, texture, temperature, consistency). When starting therapy, keep as many sensory properties the same as possible. Can have fewer similarities the longer a child is in Therapy gaining skills.

STRUCTURE REQUIREMENTS: For EACH Food Hierarchy

1. Number of Foods to present are chosen by setting that the Therapy Meal is occurring in.

Home Therapy Meals = choose 6-7 foods

Therapist Attended Therapy Meal = choose 7-14 foods

2. All Therapy Meals must have a SAFE/PREFERRED food as the **1st** food.

3. All Therapy Meals use the same exact set of foods in the same exact order for the **first 3 therapy meals**.

Home Therapy Meals = Parents keep the SAME Food Hierarchy food choices and order presented **for 3 therapy meals** in a row at home.

Therapist Attended Therapy Meal = Beginning at Session 4, a Therapist will need to change the foods and/or order of the foods at **every session** which occurs from now on.

FOOD HIERARCHY EXAMPLES - for Therapy Meals at Home

HIERARCHY 1 = Days 1,2,3	HIERARCHY 2 = Days 4,5,6	HIERARCHY 3 = Days 7,8,9
Carrot (whole, peeled)	Carrot	Red Bell Pepper strips
Dried papaya spears	Dried cantaloupe	Slim Jim
Veggie straws	Veggie Sticks	Reddish brown applesauce
Mango dressing	Mango dressing	Pretzel rod
Slim Jim -> tear into chunks	Beef Jerky -> tear into chunks	Pretzel goldfish
Mini Goldfish crackers	Goldfish crackers (regular)	Kix Cereal
Water	Water -> add orange food color	DumDum sucker - root beer
		Water -> dip sucker into

HIERARCHY 4 = Days 10,11,12	HIERARCHY 5 = Days 13,14,15	HIERARCHY 6 = Days 16,17,18
Slim Jim	Slim Jim	Celery
Cinnamon applesauce	Tan yogurt	Pickle
Yellow bell pepper	Yellow/white veggie stick	Green yogurt
Yellow/white veggie stick	Green veggie stick	Green veggie straws
String cheese	Celery	Yellow/white veggie straws
DumDum sucker - cream soda	Cucumber strip -> circles	Dried pineapple ring (cut into strips) or dried mango
Water -> dip sucker into	Water -> add cucumber circle	Water -> dip dried fruit into

HIERARCHY 7 = Days 19,20,21	HIERARCHY 8 = Days 22,23,24	HIERARCHY 9 = Days 25,26,27
Pickle	Celery	Beef jerky
Lettuce	Frozen peas	Sausage link (cooked hard)
Green veggie stick	Dried peas	Pretzel rod
Orange veggie stick	Snap Pea Crisp	Pretzel goldfish
Chicken "french fries" Tyson's Anytizer's	Green yogurt	Chicken nugget – oval
Honey	Child adds red food color to yogurt -> brown	Honey
Dried mango	Beef Jerky	Yellow bell pepper
Water -> dip dried fruit into	Water -> add a drop of red color	Lemon wedges
		Water -> add lemon wedge