# **Community Children's Nursing Service (CCNS)**

# **Nutrition and Dietetics**

**East London Foundation Trust** 

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**Tell us what you think** (We would appreciate and welcome your feedback to continually improve our services.

Your responses will be kept confidential).

#### References:

Www. https://iddsi.org/

www.nhs.uk/conditions/baby/weaning-and-feeding/foods-to-avoid-giving-babies-and-young-children/

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# Information for Parents and Carers

# **Finger Foods**



Community Children's Nursing Service (CCNS)

# **Nutrition and Dietetics**

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# What are Finger Foods?

Soft finger foods that your baby can hold and eat by themselves might appeal to them. In order to make them suitable enough for your baby to grip in their fist, finger foods should be sliced into strips that are about the length of your finger. This will help your baby learn how to bite and chew.

- Soft fruits like ripe peaches, melon, bananas, and avocados, can be served as strips to hold and will easily break up in the mouth, are ideal first finger foods.
- Soft cooked vegetables and stewed fruits are also ideal first finger foods. For example: parsnip, potato, yam, sweet potato, carrot, apple, and pear. .

#### What are Transitional Foods for babies and children?



Foods that start as one texture —> but change into another texture when moisture is added e.g. water or saliva OR when there is a change in temperature e.g. when food is heated



Biting is not required

Minimal chewing is required

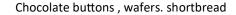
May be used to teach chewing skills



Tongue pressure can be used to break these foods once the texture has been changed by moisture/saliva or temperature

# **Examples of transitional foods:**

Crisps e.g. Skips, Wotsits, Pombears, Quavers, Prawn crackers (some baby crisps, not ones that squash into a lump)















# **IDDSI Level 7: Easy to Chew**

These are typical everyday soft/ tender textured foods that come in a range of sizes.

Foods that are hard, tough, chewy, fibrous, stringy, crunchy, crumble, include pips, seeds husks, or bones are NOT included in this list.

The ability to bite soft foods and chew food that is ready for swallowing is necessary. You may simply cut, separate, or flake the food when using a fork.

#### Examples:

- Cooked tender vegetables
- Well cooked pasta
- Hard boiled egg
- Cooked meat e.g. sliced ham, sliced chicken
- Pastries (sweet and savoury) and sausage rolls
- Fruit e.g. kiwi, firm banana, melon
- Soft cooked fish, prawns
- Tender cooked meat
- Cereal softened with milk (excess milk can be drained)
- Bread (no crusts)

# **IDDSI Level 7: Regular Foods**

Normal everyday foods that may be hard, crunchy or naturally soft			
Crunchy Food Examples:		Firm Chewy Food Examples:	
•	Dry cereal	•	Toast
•	Potato crisps	•	Meat e.g. roasted meat, chick-
•	Bombay mix		en drumsticks, sausages
•	Biscuits e.g. rich tea and crackers	•	Pitta bread
•	Breadsticks	•	Bagel
•	Raw vegetables & fruit e.g. apple	•	Pizza

The International Dysphagia Diet

Standardisation Initiative (IDDSI) was set up to develop terms and criteria that are

universally recognised for thickened liquids and foods with altered textures, aiming to increase patient safety.



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#### IDDSI Level 6: Soft and Bite-sized

Food that can be easily mashed Examples: with a fork or spoon is known as Level 6.

Food that is moist, soft, and clear of a thin liquid.

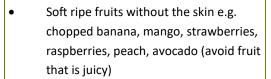
The meal is simple to press

between your thumb and index • finger.

Chewing is necessary.

Food is served in bite-sized pieces that don't require biting.

Certain meals require chopping or breaking up.



- Small pieces of well cooked vegetables e.g. broccoli, cauliflower, sweet potatoes, boiled potatoes, carrots and squash
- Cut up soft scrambled egg/omelette
- Small pieces of flaked fish
- Grated cheese
- Small pieces soft cake and plain muffins (avoid cake that crumbles)
- Well soaked and drained cereals e.g. Cherio's, Shreddies
- Small pieces of cheese triangle
- Spaghetti hoops
- Softly cooked smiley faces/waffles
- Corned beef, small pieces of soft stewed meat

### What should be avoided for children under 5

Due to choking risk some foods are unsafe for children younger than 5 years



Soft foods like grapes, berries and cherry tomatoes should always be cut long-ways in quarters



Hard foods and nuts that are around the same size as your thumb nail should be avoided