

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/

Production date: March 2023

Review Date: March 2025

Information for Parents and Carers

Finger Foods



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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)

Chocolate buttons, wafers, shortbread



IDDSI Level 7: Easy to Chew

7

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:

- Dry cereal
- Potato crisps
- Bombay mix
- Biscuits e.g. rich tea and crackers
- Breadsticks
- Raw vegetables & fruit e.g. apple

Firm Chewy Food Examples:

- Toast
- Meat e.g. roasted meat, chicken drumsticks, sausages
- Pitta bread
- Bagel
- Pizza

7

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.



IDDSI Level 6: Soft and Bite-sized



Food that can be easily mashed 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.

Examples:

- Soft ripe fruits without the skin e.g. chopped banana, mango, strawberries, raspberries, peach, avocado (avoid fruit that is juicy)
- 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