



Food Choices by Consistencies (Pediatric)

| Thin | Thick | Puree | Meltables | Soft Solid | Hard Solid | Mixed |
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| <ul style="list-style-type: none"> ♥ Water ♥ Juice ♥ Milk ♥ Soda ♥ Hot chocolate ♥ Powdered drinks (Kool-Aide) ♥ Pediasure ♥ Carnation Instant Breakfast ♥ Jelly-O ♥ Jelly ♥ Ice cream ♥ Spaghetti sauce ♥ Italian dressing ♥ Broth | <ul style="list-style-type: none"> ♥ Tomato Juice ♥ Smoothie ♥ Milk Shake ♥ Yogurt drinks ♥ Dips ♥ Ranch dressing ♥ You can also add thickener to drinks | <ul style="list-style-type: none"> ♥ Apple sauce ♥ Peanut butter ♥ Pudding ♥ Yogurt ♥ Baby food ♥ Mashed potatoes ♥ You can also puree or mash most foods | <ul style="list-style-type: none"> ♥ Gerber Puffs | <ul style="list-style-type: none"> ♥ Bread ♥ Cheese ♥ Cooked Fish ♥ Tomato ♥ Banana ♥ Strawberries ♥ Pancakes/waffles ♥ Chicken nuggets ♥ Fish stick ♥ Cooked vegetables ♥ Beans ♥ Pasta without sauce ♥ Rice | <ul style="list-style-type: none"> ♥ Crackers ♥ Meat ♥ Red Vines ♥ Raw vegetables ♥ Nuts ♥ Sun flower seeds ♥ Pretzels ♥ Cereal (dry) ♥ Apples | <ul style="list-style-type: none"> ♥ Fruit cup ♥ Jell-O cups with fruit pieces ♥ Yogurt with fruit ♥ Cottage cheese ♥ Hot Pockets ♥ Cereal with milk ♥ Pasta with sauce ♥ Pizza |