

Healthy Foods by Texture

Some children are extra sensitive to the texture of certain foods. Children may be more willing to try new foods if they like how the foods feel. Try introducing new fruits and vegetables based on the textures they already prefer.



Creamy

- Pureed fruit, such as berries, pears, or apples
- Avocado
- Creamy nut or seed butters
- Cream of wheat
- Yogurt
- Hummus
- Cooked vegetables, such as parsnips or squash

TIP: Puree vegetables with fruit, for example parsnips and pears or squash and applesauce.



Crunchy

- Vegetable sticks, like bell peppers, carrots, jicama, and celery
- Snap peas
- Whole grain cereal with minimal added sugar
- Unsalted nuts
- Whole grain toast or crackers
- Rice cakes
- Plain popcorn

TIP: Add some flavor! Experiment with spices like cinnamon or a favorite spice or herb.



Crispy

- Apple varieties like Braeburn, Honey Crisp, Fuji and Gala
- Roasted red or white potatoes (with skins)
- Freeze dried apples or strawberries
- Roasted chickpeas
- Roasted vegetables

TIP: Add a sprinkle of bread crumbs for added crispiness.



Lumpy

- Mashed sweet potatoes
- Mashed bananas with or without yogurt
- Scrambled eggs
- Cottage cheese
- Applesauce (no sugar added).

TIP: Cube soft foods such as cheese or cooked carrots.



Frozen

- Frozen fruit, like berries, melon, or grapes
- Frozen vegetables, like peas, carrots, and green beans

TIP: You can freeze just about anything! If a child prefers frozen foods, try freezing other foods they like.



Squishy

- Grapes
- Cherry tomatoes
- Dried fruit, like raisins and dried apricots
- Hard boiled eggs
- String cheese
- Peas
- Edamame

TIP: Let children play with their food if it encourages them to try something new.