

# Introducing food textures



The complementary feeding period is key to introduce **new tastes** and **textures** that will shape **food preferences** and **acceptance** to a variety of foods



Introduction of new textures is gradual and a different process for each child

**When to start complementary foods**

Up to 6 months



No extrusion reflex

Improved suckle skills

Uses tongue and mouth to explore shapes and textures of toys



Munching begins

## PSYCHOMOTOR DEVELOPMENT

### From 6 to 10 months

- Starts trying feeding from spoon without spilling



- Definite chewing movements

- Holds the cup with 2 hands



- Self-feeding with cookies or crackers

### From 10 to 12 months

- Controlled bites

- Precise pincer grasp



- Drinks from a cup independently



- Beginning of lateralization of food to teeth



- Chewing with up-down and diagonal rotary movements

### From 12 to 18 months

- Chews and swallows solid foods



- Eruption of mandibular lateral incisors

- Gives kisses



### From 6 to 9 months

Thin purée



Thick purée



Lumpy purée



Mashed



### From 9 to 15 months Chopped/mix



### From 15 months Table foods



# Finger foods

Finger foods are pieces of food that babies can hold and use to feed themselves

**Soft and melting texture, easily dissolvable (cooked foods)**

**From 6 months**



**Size and shape**

- **Elongated** shape to make it easy to hold
- **Large** enough to take with entire hands or 3 fingers

**Semi-dissolvable texture**

**From 10 months**



**Size and shape**

- **Smaller size**
- **Different forms** to stimulate grip with 2 fingers

**Semi-dissolvable texture that requires more chewing and/or is crispy and crunchy**

**From 12 months**



**Size and shape**

- **Smaller size**
- **Different forms** to stimulate grip with 2 fingers
- **Different shapes** and forms to stimulate cognitive development
- To make it less slippery use cereal or almond flour or use a crinkle cutter



**EXTRA TIP!**

A good size for finger foods is an adult finger size



**NO**

- **Hard texture**
- **Bite size**
- **Spherical shape**

