

A Texture Continuum
Introducing Food Textures
Hand Under Feet & Hand Under Feet

Single Dry Foods: Oatmeal, cornmeal, dry rice, lentils, dried beans, dehydrated black beans, etc.



Single Moist Foods: Example: Oatmeal + a small amount of water, Tang or pudding powder + a small amount of water, etc.



Wet (Liquids): Examples: Water, water colored with washable food coloring, Jello, Jello water, etc.



Mixed: Examples: Jello + fruit, pudding + cookie crumbs, baby food pears + juice, etc.

