

A GUIDE TO MEALS WITH SOFTER TEXTURES



Most family meals can easily be adapted for those who need softer textures or bite-sized pieces of food.

Suitable for babies who are starting solids, toddlers who prefer finger foods or anyone who is finding it difficult to chew food.

Family Meal

Smooth Texture

Blend a portion of the family meal with enough boiled water or casserole juices to achieve the desired consistency.

Lumpy Texture

Fork mashed slow cooked meals are an easy solution. Or, pulse blend a portion of the family meal with enough boiled water to achieve soft lumps.

Finger Food

Cut the meat and vegetables into bite-sized pieces. Serve with cooked pasta, bread fingers or potato wedges.

