



# TRANSITIONAL FOODS

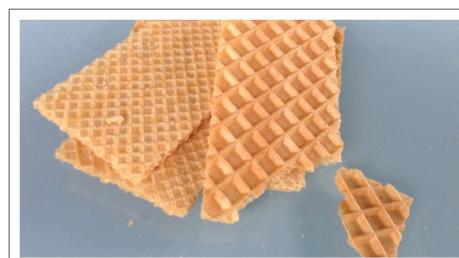


## Transitional Foods for Babies and Children

### What is this food texture level?

Transitional Foods:

- ✓ Foods that start as one texture but change into another texture when moisture like water or saliva is added or when a change in temperature occurs (for instance, when the food is heated)
- ✓ Biting is not required
- ✓ Minimal chewing is required
- ✓ Tongue pressure can be used to break these foods once the texture has been changed by moisture/saliva or temperature
- ✓ May be used to teach chewing skills



### Why is this food texture level used for babies and children?

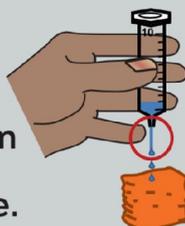
Transitional food may be used to help teach chewing skills. These foods require very little chewing. Tongue strength alone is able to break these foods down when they are softened. Transitional foods often do not have much nutrition so they cannot be relied on for a full diet. Your clinician might suggest they be used together with Level 5 Minced & Moist, Level 6 Soft & Bite-Sized or Level 7 Regular Foods.

### How do I test my food to make sure it is Transitional food?

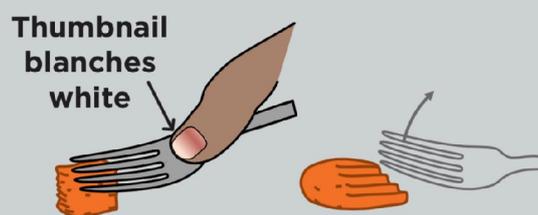
To test transitional food, use a piece of food 1.5x1.5cm. Add 1 mL of water to the food and wait for one minute for the food to soften, then test using the IDDSI Fork Pressure Test. Serve food pieces in the size recommended by your clinician.

See videos of the IDDSI Fork Pressure Test at [www.IDDSI.org/framework/food-testing-methods/](http://www.IDDSI.org/framework/food-testing-methods/)

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.



2. Then complete the IDDSI Fork Pressure Test.



#### IDDSI Fork Pressure Test for Transitional Food

Take a piece 1.5cmx1.5cm, which is about the width of a standard dinner fork. Add 1 mL of water to the sample and wait 1 minute. *To make sure the food is soft enough*, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed, broken apart, and does not regain its shape

#### Some examples of Transitional foods include:

Wafers, shortbread, Veggie Stix™, potato crisps, Cheeto Puffs™, Rice Puffs™, ice chips, ice cream

Intended for general information only.

Please consult with your health care professional for specific advice for your baby or child