

# Using Food Texture to Encourage Healthy Eating

## The Importance of Food Texture

It can take some time for children to adjust to the textures of many healthy foods, especially if they are extra sensitive toward certain textures. This can make it difficult to introduce them to new fruits, vegetables, and other healthy foods. Children may be more willing to try new foods if they like how the foods feel. Try introducing children to new foods based on the textures they prefer. Remember, the goal is to make progress toward the 5 2 1 0 daily goals, so even small steps are steps worth celebrating!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water

## Texture Ideas

### Creamy

- Pureed fruit (such as berries, apples, pears, etc.)
- Avocado
- Creamy nut or seed butters
- Yogurt
- Hummus
- Cooked vegetables (such as squash, zucchini, etc.)

**Tip: Puree vegetables together with fruit!**



### Frozen

- Frozen fruit (such as berries, melon, grapes, etc.)
- Frozen vegetables (such as peas, carrots, green beans, etc.)

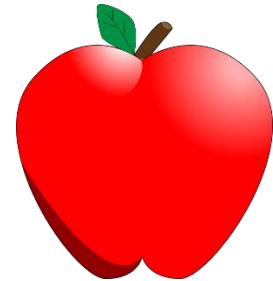
**Tip: You can freeze almost anything! Try freezing breads and cheese sticks if your child prefers frozen foods.**



## Crispy

- Apple varieties (fuji, honey crisp, gala, etc.)
- Roasted red or white potatoes (with skins)
- Freeze dried apples
- Dried mango
- Roasted chickpeas
- Roasted vegetables

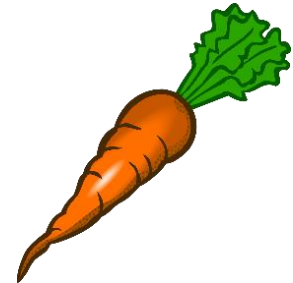
**Tip: Add some bread crumbs for additional crisp!**



## Crunchy

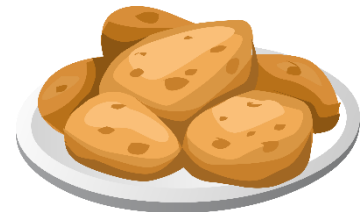
- Veggie sticks (such as bell peppers, carrots, jicama, etc.)
- Snap peas
- Unsalted nuts
- Rice cakes
- Whole grain toast or crackers

**Tip: Add some flavor! Experiment with spices or herbs.**



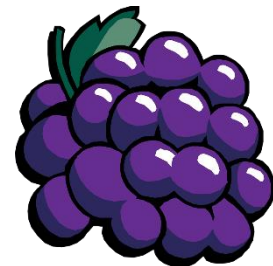
## Lumpy

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



## Squishy

- Grapes
- Cherry tomatoes
- Dried fruit (such as raisins, apricots, etc.)
- Hard boiled eggs
- String cheese
- Peas or edamame



## Final Considerations

For more information about healthy eating and active living resources, please email [5210healthywashoe@nnph.org](mailto:5210healthywashoe@nnph.org)