



Bite and Dissolve Foods for Children (IDDSI – Transitional Foods)

- These are foods which dissolve (melt) when in the mouth
- These foods may help to develop oral skills and finger feeding
- As these are mainly snack foods, they should not be the only source of nutrition/foods in your child's diet and should only be offered in small amounts
- Always supervise your child when they are eating and drinking and ensure they do not overfill their mouth
- Check the ingredients list on the packet if your child has any dietary requirements or allergies before giving to your child

Below are some examples of bite and dissolve foods. Please try making these foods yourself to make sure you are happy with the consistency - remember sometimes products change.

Bite and dissolve quickly foods:

- Sponge finger biscuits
- Kiddylicious™ Fruity Puffs/Wafers/Veggie Straws, Ella's Kitchen™ Melty Puffs, Organix™ Carrot Sticks Wotsits™, Skips™, Quavers™, Pom-Bears™

Bite and dissolve more slowly foods:

- Kiddylicious™ Ha-Pea Snaps, Organix™ Sweetcorn Rings
- Dry Coco Pops™, dry Rice Krispies™
- Prawn crackers
- Chocolate buttons
- Monster Munch™, Chipsticks™
- Pink Wafer biscuit, Rusks e.g. Farley's™

Please note that rice cakes are not a bite and dissolve food.

General Advice

- If possible, and advised by the professionals involved, try to ensure your child has a regular meal routine (e.g. 3 meals and 2 snacks each day)
- Encourage a varied and balanced diet
- Include foods from each of the five food groups
- Ensure meals look appetising
- Use the following website as a guide to help you: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

These are general guidelines. You may also be given more specific recommendations by a Speech and Language Therapist or Dietitian.

If you observe that your child does not manage a particular food of this consistency please stop offering that food and try something different of this consistency.

Be certain that your child does not overfill their mouth if self-feeding.

If you have any further queries or concerns about your child's eating and drinking please contact your Paediatric Dietitian on 0121 424 1674 or your Community Speech and Language Therapist.

References:

International Dysphagia Diet Standardisation Initiative: IDDSI <http://iddsi.org>

Leaflet produced by:

Birmingham Community Nutrition - Paediatric Dietitians

Birmingham Community Children's Speech and Language Therapy Service

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Accessibility

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