



Bite and dissolve foods for children

This information sheet from the Speech and Language Therapy Department at Great Ormond Street Hospital (GOSH) explains how you can use bite and dissolve foods to help your child's feeding.

- These foods need to be bitten but then dissolve or melt easily in your child's mouth.
- They are snack foods so should not form part of a main meal.
- If your child has any food allergies or other dietary restrictions, please check the ingredients list on the packet before giving to your child.

Note: This list is not exhaustive and inclusion does not constitute recommendation by GOSH. Other brands (including supermarket own-brands) may be available.

Crisps



Quavers™



Wotsits™



Skips™



Pom-Bear™

Snacks in the baby food aisle



Organix Goodies™
cheese and herb
curly puffs



Organix Goodies™
carrot stix



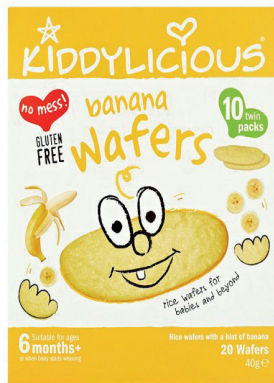
Organix™ Finger
Foods sweetcorn
rings



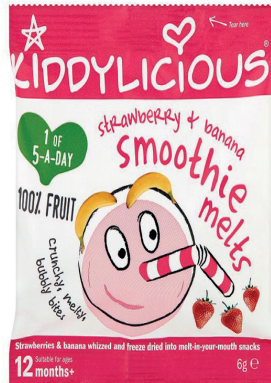
Kiddylicious™ fruit
puffs – banana,
strawberry and
blueberry



Snacks in the baby food aisle



Kiddylicious™ wafers
– banana, carrot and blueberry



Kiddylicious™ Smoothie Melts – blackcurrant and apple or banana, mango and passion fruit or strawberry and banana



Ella's Kitchen™ Pick me melty hoops – vanilla and banana or cheese and tomatoes



Ella's Kitchen™ Multigrain nibbles – tomatoes and basil or apples and cinnamon or raspberries and bananas

Biscuits



Pink wafer biscuits

If you have any questions, please contact your Speech and Language Therapist on 020 7813 8110. For further information about the Speech and Language Therapy department at GOSH, please visit our website at www.gosh.nhs.uk/parents-and-visitors/clinical-support-services/speech-and-language-therapy.

Compiled by the Speech and Language Therapy Department in collaboration with the Child and Family Information Group Great Ormond Street Hospital for Children NHS Foundation Trust, Great Ormond Street, London WC1N 3JH www.gosh.nhs.uk