



FOODS TO OFFER WHEN MAKING TRANSITION TO TABLE FOODS “SOFT CUBES”

FRUIT

- Banana--mashed or sliced then cut into quarters
- Pears—very ripe or canned
- Peaches – very ripe or canned
- Apricots – canned—removed skin
- Plums—skinless
- Nectarines—skinless
- Strawberries
- Cooked diced apples
- Fresh apple slice without skin
- Mango
- Avocado
- Strawberries
- Peeled apples

VEGETABLES

- Green beans—canned
- Beets—cut
- Squash—with butter and brown sugar
- Baked potato—with butter
- Mashed potatoes—with butter, sour cream, cheese
- Creamed spinach
- Sweet potatoes—add butter
- Cooked carrots
- Peas—pierce outer shell
- Cauliflower – extra soft
- Pureed soups
- Strained soup pieces

At this time do not offer:

- Tough meat (steak, pork chop)
- Nuts (almonds, peanuts)
- Chewy food (raisin, jerky, fresh peeled oranges, fruit snacks)
- Raw difficult to break down (raw vegetables, apple slices with peel)
- Popcorn
- Grapes

PROTEIN

- Chicken—tender pieces from soup
- Beef – tender pieces from soup
- Meatballs, meatloaf – very moist
- Tuna
- White fish fillets
- Salmon
- Black beans—boiled and smashed
- Hummus
- Tofu –silkin
- Scrambled eggs (with cheese)

BREADS AND PASTA

- Noodles – mashed with sauce or butter
- Macaroni and cheese
- Crackers – Club, Ritz, graham
- Hot cereals, grits, polenta
- Muffins—moist
- Pancakes with butter and syrup
- French toast inside with butter and syrup
- Toast cut into slices or small pieces
- Fruit or veg breads (banana bread)

DAIRY or ALTERNATIVE

- Cottage cheese
- American cheese
- Daiya cheese
- Cheese spreads
- Crumbled goat cheese
- Ricotta cheese
- String cheese
- Yogurt – custard thick