

## Children's Speech and Language Therapy Service

# Bite and Dissolve Foods

## (foods which will dissolve in the child's mouth):

If your Speech and Language Therapist has recommended trying some bite and dissolve foods, here are some ideas of foods you can use:

### Sweet:

- Ice cream wafers
- Meringues
- Rice paper
- Wafer biscuits
- Some cereals e.g. Cheerios, Sugar Puffs, Rice Crispies

### Savoury:

- Prawn crackers
- Quavers
- Skips
- Whatsits
- Organix Melty Carrot Puffs