

What is a training diet?

A training diet has 2 types of foods:

- Foods that are pureed and blended, which do not need chewing
- Foods that are soft and require some chewing

Why does my child need it?

Your child may need a training diet if they:

- Are learning how to chew their food better.
- Get tired quickly while eating.

How do I prepare a training diet?

Your child's feeding therapist can give more details about how to prepare your child's food. Some guidelines are listed below:

- Wash your hands well with soap and water for at least 20 seconds.
- Prepare 2 to 3 blended or pureed food items for each meal. These foods can include things like:
 - Mashed potatoes
 - Applesauce
 - Yogurt
 - Pudding
 - Oatmeal
- Prepare 1 to 2 foods that are soft and easy-to-chew for each meal. These foods can include things like:
 - Cooked vegetables
 - Macaroni and cheese
 - Ravioli
 - Sloppy Joe meat

What else do I need to know?

- Use gravies or sauces to add flavor and increase moisture of foods.
- Thicken all liquids as advised by your child's feeding therapist or doctor.
- Follow all other advice given by your child's feeding therapist or doctor.

Who should I call if I have questions about my child's diet?

Call your child's feeding therapist or doctor if you have any questions.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.