# In Care of Kids



# **Hidden Thin liquids**

Any item that can melt, turn into, or will drip a thin liquid once put into the mouth.

## The following are examples of hidden thin liquids:

Grapes Mandarin Oranges (Clementines) Watermelon Cherry Tomatoes Ice Cream/Gelato/Sherbert Frozen Yogurt Milkshakes/Malts/Smoothies Blended Ice and/or Juice Based Drinks Slurpees/ICEEs Shaved Ice Popsicles Ice Cubes/Chips Jello

### **Gelatin/Jelly Based Desserts**

This list of foods and liquids are not the only ones that can melt in your mouth and change into a thin liquid. If you are unsure of a certain food, try it yourself before giving it to your child.

### Other items to avoid:

Cereal with Milk Soups/Broths Fruit Cups: Peaches, Pears, Fruit Cocktail (because of added liquid in container)

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