

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)