

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/sherbet
- Frozen yogurt
- Milkshakes/malts/smoothies
- Blended Ice and/or juice-based drinks
- Slurpees/ICEEs
- Shaved Ice
- Popsicles
- Ice cubes/chips
- Jell-o

Gelatin and 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)