

'Mouth Hunger' Choices



"What do I feel like??" Something Sweet? Salty? Crunchy?

When your child identifies that they have 'mouth hunger', help them learn to be more specific. What type of taste or texture does their mouth desire? Some common examples are given in this handout. Suggest trying something new! There are lots of options listed below. Add your own ideas!

Sweet Choices

- Fruit – fresh, frozen or canned
- Baked apple with cinnamon
- Chocolate milk or hot cocoa
- Graham wafers
- Yogurt or pudding
- Whole grain dry cereal

Other Ideas:

Salty or Savoury Choices

- Flavoured melba toast
- Pretzels
- Sunflower seeds in the shell
- Peanut or nut butter
- Cheese
- Hummus
- Flavoured rice cakes
- Whole grain crackers
- Bowl of soup
- Olives
- Pickles
- Canned fish

Add a sprinkling of salt, dried herbs or a drizzle of soy sauce to the following:

- Steamed frozen vegetables
- Popcorn
- Steamed edamame
- Roasted chick peas

Other Ideas:

Creamy Choices

- Frozen banana
- Pudding
- Greek yogurt
- Cottage cheese
- Cream soup
- Soft flavoured tofu
- Sherbet or sorbet
- Hot cereal made with milk*
- Smoothie
- Scrambled egg
- Avocado
- Hot chocolate made with milk*

Other Ideas:

Chewy Choices

- Dried fruit
- Chewing gum
- Jerky
- Fruit leather
- Granola bar
- Pepperoni stick

Other Ideas:

Crunchy Choices

- Raw vegetables
- Pretzels
- Whole grain cereal
- Nuts or seeds
- Melba toast
- Apple slices

Other Ideas:

***Note that milk can be replaced by soy beverage or almond milk.**