

SOLID FOODS – LEVEL 2

Soft foods which require a little chewing.

Casserole: 2 oz/50g

2 slices tinned meat

Eggs: omelette

Cooked vegetables

250 ml soup (not liquidized)

2 tablespoons rice/pasta (well cooked) /tapioca/sage pudding

1 tablespoon tinned fruit in natural juice or soft fruit
(not pureed)

If these foods cause no vomiting, heartburn or indigestion, move on to level 3 foods.

