

LEAPS

learning eating active play sleep

Squeezy Foods



Are squeezy foods a good choice for children?

The colourful squeezy pouches with built in feeding tips have become a 'lifesaver' for busy parents as they don't require refrigeration, heating or even a utensil and they appeal to children who would rather run around than stop to eat.

Parents are also attracted to the clever food combinations like banana and blueberry with yoghurt and the nutrition claims such as "organic", "all natural" and "no added sugar" that appear on many of the products but like many other processed foods they often do not live up to their marketing hype.

Overall 'squeezy' foods are okay for occasional use when travelling or every now and again when families do not have enough time to prepare meals however they are not a replacement for healthy sit down meals.

Additionally, the regular use of squeezy foods means children miss the opportunity to experience a variety of food textures and to develop the motor skills associated with using utensils.

The act of sucking food can also cause teeth decay and also affect speech development. Mealtimes for young children are important not only for nourishment but also for learning what food looks, smells and feels like, when 'squeezy' food replaces real food, part of this learning is lost.

For more information refer to the Squeezy foods fact sheet on NAQ Nutrition's Food Foundations website www.naqlid.org/category/food-foundations