



WHAT MAKES A FOOD REGULATING?

Our mouths are one of the most touch-sensitive places on our body. By chewing, crunching, and sucking, we give our mouths deep pressure input which has a calming effect on the nervous system. This means the more chewy or crunchy a food is, the more effective it may be in helping with regulation. You can also get this input by using a straw or sports bottle when drinking. Thicker liquids give more resistance which means more sensory input.

DRINKS

MILKSHAKES

SMOOTHIES

BOBA



FOODS FOR SENSORY REGULATION

DEEP PRESSURE SNACKS

SNACKS

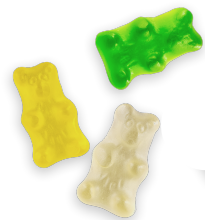
FRUITS & VEGETABLES

- APPLES
- CARROTS
- CELERY
- SNAP PEAS
- CUCUMBERS
- FROZEN GRAPES



CANDY

- LOLLIPOPS
- POPSICLES
- GUMMIES
- CHEWY CARAMEL
- CHOCOLATE CHIPS



CHIPS

DRIED FRUIT

JERKY

NUTS

POPCORN

PRETZELS



GUM