



WHAT MAKES A FOOD REGULATING?

Our mouths are one of the most touch-sensitive places on our body. By chewing, crunching, and sucking, our mouths get deep pressure input which activates our parasympathetic nervous system and has a calming effect. 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. Keep in mind, thicker liquids give more resistance which means more sensory input.

DRINKS

MILKSHAKES

SMOOTHIES

BOBA



SNACKS FOR SENSORY REGULATION

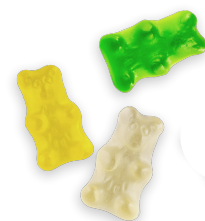
FRUITS & VEGETABLES

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



CANDY

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



CHIPS

JERKY

NUTS

DRIED FRUIT

POPCORN

PRETZELS

GUM

