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Office of Integrated Health

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FOOD CONSISTENCY GUIDE April 28, 2014

Guidance for Food and Liquid Textures for Individuals Requiring Modified Texture Diets

Doctors or other clinicians often prescribe a modified texture diet for individuals who have difficulty swallowing ("dysphagia") or problems preparing their food for swallowing. Dietary modifications are critical to ensure that individuals with eating difficulties get adequate nutrition, calories and fluids and to prevent foods or liquids from leaking into airways leading to choking, respiratory infections, and pneumonia. Below is a standard guide to food and liquid consistencies that should be used to provide consistent terminology and descriptions of major diet categories for individuals who require a modified texture diet. The descriptions and examples are adapted from the National Dysphagia Diet published by the American Dietetic Association (2002). The information is intended to standardize communication for direct care professionals who work with individuals in facilities, community placements, and programs and for those responsible for menu preparation or food preparation. However, individual assessments by appropriate clinicians are essential to ensure that any dietary modifications are tailored to meet each individual's needs.

Soft Chopped Diet

A Soft Chopped diet is food cut by hand into even "bite size" pieces or as prescribed by a doctor.

Food must be moist throughout and cannot include any food that is hard, sticky or crunchy.





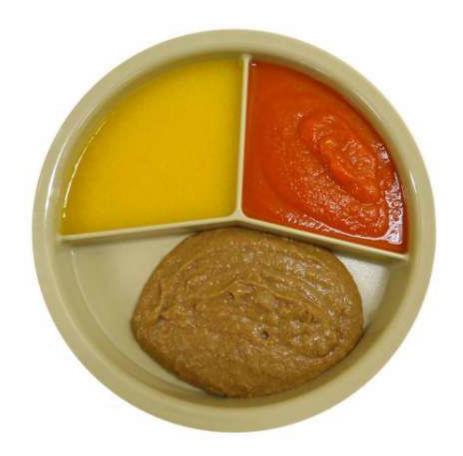
Food	ALLOWED	NOT ALLOWED
Group		
Meats/meat	Soft moistened ground or minced meat, poultry,	NO cheese, peanut butter; no fried,
substitute	or fish with gravy or sauce; macaroni and	scrambled or hard-cooked eggs unless
	cheese; pasta with meat sauce; soft, moist	pureed in a food processor or blender; no
	lasagna; casseroles without rice; moist meatballs	meat or fish that does not puree to smooth
	and meat loaf; moist protein salads such as tuna	consistency; no coarse sausages
	or egg with no large chunks, celery, or onion;	
	cottage cheese, smooth quiche with no large	
	chunks; poached, scrambled, or soft cooked	
	eggs that are moist and can be mashed	
Vegetables	Soft-cooked, easily- mashed vegetables that are	NO fresh or uncooked vegetables including
	less than ½ inch in size; well cooked, slightly	frozen or canned corn, celery, onions,
	mashed baked beans; well-cooked and	peppers, lettuce, cabbage, cucumbers,
	moistened, boiled, baked or mashed potatoes	peas, sliced tomatoes; no non-pureed
Fruits	Soft drained canned or cooked fruits without	NO fresh fruits; no frozen or canned
	seeds or skin, soft banana that can be easily	grapefruit, or pineapple
	mashed	
Grains and	Soft pancakes well-moistened with syrup or	NO non-smooth grain products; no cereal
Breads	sauce; bread that is thoroughly moistened with a	with grainy/chunky texture like oatmeal;
	water-gelatin mixture or a similar food mix	grits; barley; wheat germ; fried or wild rice;
	(slurry); cooked cereals with very little grain or	dry cereal; muffins or bread with fruits,
	texture like oatmeal; slightly moistened dry	seeds, or nuts; garlic or cheese bread; no
	cereals with little texture such as corn flakes or	rolls; crackers; biscuits; waffles; French
	Rice Krispies; moist soft cooked noodles, pasta	toast or other similar foods
	or rice ground in a blender or food processor.	
Desserts	Pudding; custards; soft fruit pies with soft	NO ices; gelatins; frozen juice bars;
	bottom	cookies; cakes; pies, pastry; coarse or
	crust only; crisps and cobblers without seeds or	textured puddings, no bread, rice or tapioca
	nuts and with soft breading or crumb	puddings; no yogurt with fruit.
	mixture/topping; soft, moist cakes with icing;	Note : If an individual is not allowed to have
	soft	thin liquids, then the individual may not
	moist cookies that have been soaked or dunked	have ice cream, frozen yogurt, or sherbet
	in milk, coffee, or another liquid	(check with the doctor).
Extras	Sugar, artificial sweetener, salt, finely	NO soft cheese spreads containing chunks
	ground pepper and spices; ketchup,	or pieces, trail mix, dehydrated foods, nuts,
	mustard, BBQ sauce and other smooth	chips, coconut, seeds, popcorn, pretzels,
	sauces, honey, smooth jellies.	raisins, chips, pop tarts, Danish pastry, jelly
		or cream filled doughnuts or cakes, candy,
		gum, pickle relish, olives, capers, seedy
		jams, coarsely ground pepper and herbs.



Pureed Diet

A Pureed diet is food with a very smooth consistency or foods that have been well processed in a food processor or blender to a very smooth consistency or texture. No solid pieces or parts can be noticed in the food.

Pureed food has no lumps and feels very soft and smooth in the mouth.





Food Group	ALLOWED	NOT ALLOWED
Meats/meat substitute	Soft moistened ground or minced meat, poultry, or fish with gravy or sauce; macaroni and cheese; pasta with meat sauce; soft, moist lasagna; casseroles without rice moist meatballs and meat loaf; moist protein salads such as tuna or egg with no large chunks, celery, or onion; cottage cheese, smooth quiche with no large chunks; poached, scrambled, or soft cooked eggs that are moist and can be mashed	NO dry meats, tough or rubbery meats such as bacon, sausage, or hot dogs; no dry casseroles or casseroles with rice or large chunks; no cheese slices or cubes; peanut butter; hard-cooked eggs; no sandwiches or pizza
Vegetables	Soft-cooked, easily- mashed vegetables that are less than ½ inch in size; well cooked, slightly mashed baked beans; well-cooked and moistened, boiled, baked or mashed potatoes	NO cooked vegetables that are not easily mashed like corn; peas; cabbage; brussel sprouts; asparagus; or other stringy, tough or rubbery cooked vegetable; no potato skins; chips; French fries
Fruits	Soft drained canned or cooked fruits without seeds or skin, soft banana that can be easily mashed	NO frozen or fresh fruits (other than soft bananas); no cooked fruit with skin or seeds; no dried fruits; no fresh, canned, or cooked pineapple
Grains and Breads	Soft pancakes well-moistened with syrup or sauce; bread that is thoroughly moistened with a water-gelatin mixture or a similar food mix (slurry); cooked cereals with very little grain or texture like oatmeal; slightly moistened dry cereals with little texture such as corn flakes or Rice Krispies; moist soft cooked noodles, pasta or rice ground in a blender or food processor.	NO regular bread (unless the individual has been evaluated and approved for this); no cereal with nuts, seeds, dried fruit and/or coconut; no whole grain dry or coarse cereals such as shredded wheat, bran flakes, and grape nuts
Desserts	Pudding; custards; soft fruit pies with soft bottom crust only; crisps and cobblers without seeds or nuts and with soft breading or crumb mixture/topping; soft, moist cakes with icing; soft moist cookies that have been soaked or dunked in milk, coffee, or another liquid	NO ices; gelatins; frozen juice bars; cookies; cakes; pies, pastry; coarse or textured puddings, no bread, rice or tapioca puddings; no yogurt with fruit. Note: If an individual is not allowed to have thin liquids, then the individual may not have ice cream, frozen yogurt, or sherbet (check with the doctor).
Extras	Jams and preserves without seeds; jelly; sauces, salsas, etc. that may have small soft chunks less than 1/2	NO soft cheese spreads containing chunks or pieces, trail mix, dehydrated foods, nuts, chips,

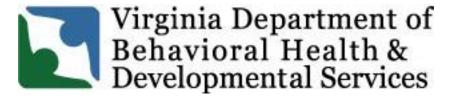


inch; soft smooth chocolate bars	coconut, seeds, popcorn, pretzels,
easily chewed—no nuts, seeds or	raisins, chips, pop tarts, Danish
coconut.	pastry, jelly or cream filled
	doughnuts or cakes, candy, gum,
	pickle relish, olives, capers, seedy
	jams, coarsely ground pepper and
	herbs

LIQUID CONSISTENCIES

When modified **liquid food texture** is prescribed the food texture should not be thinner than the prescribed liquid consistency.

Consistency	Description	Example
Thin	Includes all liquids, Italian ice, and ice cream without nuts, chocolate chips or solid pieces. This consistency is considered non-restrictive.	Liquids and beverages are served without change.
Nectar	Apricot or tomato juice consistency; some liquids will require a thickening agent to reach this consistency.	
	Food runs freely off the spoon but leaves a thin coating on the spoon.	
Honey	Liquids can be poured but are very slow. Liquids will require a thickening agent to reach this consistency.	
	Food slowly drips in dollops (or blobs) off of the end of the spoon.	·]
Pudding	Liquids are spoonable but when a spoon is placed upright, it will not stay upright. Liquids will require a thickening agent to reach this consistency.	
	Food sits on the spoon and does not flow off of it.	



Note about thickening agents:

Commercial thickening agents are usually available in canisters or individual packets and require a physician's order. There are two types:

- Starch-based thickeners such as Thick-It, Thick and Easy, and Thicken Up; and
- Gum-based thickeners such as Thicken Up Clear, Simplythick, AquaCareH2O, and Thik & Clear.

Commercial thickeners specify the amount of the thickening product to use to reach the desired consistency. *Follow the directions carefully to ensure the correct consistency.* Both starch-based and gum-based thickening agents whether they are commercial or non-commercial food items (such as instant potatoes, baby fruits, baby cereal etc.) add extra calories to the foods or liquids they are added to. If the individual is on a calorie-controlled diet, these calories must be considered

Source: National Dysphagia Diet published by the American Dietetic Association

Updated: November 2016