

## Preparing Texture Modified Foods: A Training Program for Supportive Living Sites



Nutrition and Food Services  
2015

**Audience: Production and Food Service Staff**

**Length: 60 minutes**

**(25 minutes presentation, 25 minutes practice preparation, and 10 minutes for the quiz)**

### Objectives

By the end of this presentation participants will be able to:

- Describe the appearance of different diet textures.
- Correctly make and serve all appropriate food textures and modifications.
- Prepare texture modified foods through participation at different texture modified stations: 1) pureed vegetable, 2) minced meat, 3) diced entrée for dysphagia soft diet.
- List standard equipment used for texture modified diets and follow texture modified recipes.

Note: This presentation may be used along with *Preparing Thick Fluids: A Training Program for Supportive Living Sites*.

See the *Leaders Notes* for more information about other pieces of the training program (Activity Stations, Quiz, etc.)

### Materials needed/Introduction

- Leaders Information for Preparation of Texture Modified Diets
- Laptop and projector
- Texture Modified Diets section of Healthy Menu Planning Toolkit - Section 3.3.
- Samples of texture modified foods (optional)
- Equipment and ingredients for preparation activities (See *Activity Stations for Preparing Texture Modified Foods and Thick Fluids, Stations 1-3* for instructions)

### Handouts

- *Preparing Texture Modified Foods Quiz*
- Certificate

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## Outline

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- Objectives
- Introduction
- Texture Modified Diets
  - Primary Textures
    - Easy to Chew
    - Dysphagia Soft
    - Minced
    - Pureed
  - Additional Texture Modifications
    - Cut/Diced
    - No Mixed Consistencies
    - Pureed Bread Products
- Equipment for Texture Modified Diets
- Texture Modified Foods:
  - Preparation tips
  - Following Recipes
  - Appearance
  - Taste
  - Food Safety
  - Sample Pureed Menu Plan
- Summary
- Questions

**Outcome:**

**Key Messages:**

**Background Information:**

## Objectives

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- Learn what different texture modified foods look like
- Practice preparing texture modified foods by using the right guidelines, recipes and equipment
- Serve appropriate food texture modifications for each diet

**Outcome:** Understand the three goals of the session.

**Key Messages:**

- Production and food service staff will learn about how to properly and accurately prepare texture modified foods.
- They will also get to practice preparing texture modified foods.

**Background Information:**

The program can be presented in two ways:

1. The activity stations (Stations 1-3) can be done during a pause in the PowerPoint (prompts are included in the notes pages).
2. Alternatively, you can wait to do all the activities at the end.

You can ask 1 or 2 participants to do each activity in front of the group, or you can give all participants a chance to participate by splitting them into small groups for the activities. This may depend on the size of the room and the number of participants.

See *Activity Stations for Preparing Texture Modified Foods and Thick Fluids*, Station 1-3 for instructions.

## Introduction

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- It is important to ensure staff:
  - Understand the different types of texture modified diets
  - Practice preparing texture modified foods
  - Are able to follow textured modified recipes
- Commercial texture modified foods (sourced products) are also available. These products can help to ensure safety and consistent nutrition.

**Outcome:** It is important for staff to understand how to correctly provide appropriate food texture modifications for individual diets.

**Key Messages:**

- Staff involved in preparing texture modified foods need training to ensure quality products.
- Sourced products can help ensure consistency in products, nutrition and safety.

**Background Information:**

- Recipes should be developed for menu products made in house. These recipes should include simple instructions.

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## Primary Texture Diets

**Outcome:**

**Key Messages:**

**Background Information:**

## Easy to Chew

### Foods:

- must be soft and moist
- may need to be diced, minced or mashed to make them easier to chew
- may need to be moistened by adding sauces, oils, butter, salad dressing, etc



Diced ham with  
macaroni and cheese  
and French cut green beans

**Outcome:** Staff will understand and recognize the appearance of different diet textures.

### Key messages:

- This diet is not for dysphagia. It is designed for the resident who is unable to chew foods that are hard or chewy.

### Facilitator Notes:

Refer to Section 3.3 Texture Modified Diets, Easy to Chew for a list of foods allowed and not allowed.

- This diet may be required for individuals who have trouble chewing foods that are hard and crunchy.
- They may have poor fitting dentures or may be missing teeth.

### Background Information:

- At supportive living sites where the majority of residents could benefit from this modification, the regular/standard menu may be Easy to Chew.
- At other sites, the regular diet will need to be modified to meet the criteria for Easy to Chew.
- Foods allowed: soft foods that are easy to chew
- Foods not allowed: dry, crispy or hard foods  
foods with long or stringy pieces  
foods with tough skins.
- Foods may need to be altered to make them easier to chew:
  - tough or chewy foods need to be diced, minced, mashed, etc
  - dry foods need to be moistened using liquids like sauces, oils, butter, dressing
  - tough skins and seeds need to be removed from fruits and vegetables

## Dysphagia Soft

- Food must be soft and moist, for example:
  - Fork-tender and mashable foods like cooked vegetables, soft fruit without skin, most milk products, soft meats or entrees
  - Soft grain products
  - Salad type, minced or cheese sandwich fillings
- Foods that are not soft enough need to be diced to  $\frac{1}{2}$  inch/1 cm or less on the longest side, for example:
  - Meat, poultry, entrees or casseroles that are firm, or have pieces larger than  $\frac{1}{2}$  inch/1 cm



**Outcome:** Staff will understand and recognize the appearance of different diet textures.

**Key messages:**

- A Dysphagia Soft diet is made up of soft and moist foods.
- Most Easy to Chew foods can be altered for a Dysphagia Soft diet.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Dysphagia Soft. May also use Appendix 3A, Texture Modified Diets poster

- This diet may be needed for people who have trouble chewing or swallowing, but who do not need food minced or pureed.
- Most Regular and Easy to Chew foods can be altered to fit the Dysphagia Soft diet. Some foods may need to be served with a sauce, gravy or condiment.
- Firm foods need to be diced to  $\frac{1}{2}$  inch (1 cm) cubes or less on the longest side.
- Avoid foods that are dry, crumbly, sticky, gummy, hard or chewy. Some foods need to be minced to be safe.

**Grains:**

- Soft breads, buttered toast, buns, biscuits, and moist muffins served with a spread can be used 'as is'.
- All cooked cereal and cold cereals that are softened in milk are allowed.
- Avoid products that contain large nuts/seeds, dried fruit or any hard particles.
- Pasta, rice, barley and couscous must be fork-tender and mashable. Pasta can be served with or without a sauce; rice, barley and couscous must be served in a sauce or casserole.

Facilitator notes, continued on the next slide.

## Dysphagia Soft

- Food must be soft and moist, for example:
  - Fork-tender and mashable foods like cooked vegetables, soft fruit without skin, most milk products, soft meats or entrees
  - Soft grain products
  - Salad type, minced or cheese sandwich fillings
- Foods that are not soft enough need to be diced to  $\frac{1}{2}$  inch/1 cm or less on the longest side, for example:
  - Meat, poultry, entrees or casseroles that are firm, or have pieces larger than  $\frac{1}{2}$  inch/1 cm



**Outcome:** Describe the appearance of different diet textures.

**Key messages:**

- A Dysphagia Soft diet is made up of soft and moist foods.
- Most Easy to Chew foods can be altered for a Dysphagia Soft diet.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Dysphagia Soft. May also use Appendix 3A, Texture Modified Diets poster

**Milk and Alternatives:**

- Avoid milk products that contain large or hard particles (seeds, nuts, dried fruit) and crispy melted stringy cheese on casseroles. All other products are allowed.

More information on Vegetables and Fruit, and Meat and Alternatives will be covered on the next 2 slides.

**Background Information:**

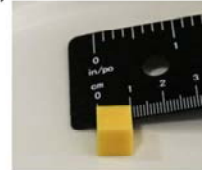
- The difference between Dysphagia Soft and Cut/Diced: the Dysphagia Soft diet is recommended in case of dysphagia and swallowing troubles. Cut/Diced is ordered when the resident has trouble physically manipulating the meal. Cut/Diced particle size may be larger, as long as they are bite-sized or finger foods.
- The Cut/Diced diet will be covered later in this presentation.



## Dysphagia Soft: Preparation

### Meats:

- Dice into ½ inch/1 cm cubes  
(e.g. roast, Salisbury steak, hamburger patty, breaded pork cutlet, pork chop)
- Shave or dice, ½ inch/1 cm on longest side  
(e.g. meat and processed meat)
- Fork tender, mashable meat may be served 'as is' (e.g. shepherd's pie, meatloaf)



Measure to see if pieces are the right size

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

### Key messages:

- This slide describes how meats are prepared for the Dysphagia Soft diet.
- Soft meats that are fork tender, like shepherd's pie, meatloaf, etc may be served as is.

### Facilitator Notes:

Refer to Section 3.3: Texture Modified Diets, Dysphagia Soft for list of foods allowed and not allowed. May also use Appendix 3A: Texture Modified Diets poster

Show staff 1 cm size on a ruler (or draw a 1 cm square to show staff).

Activity can be completed now or at the end of the presentation. See *Activity Stations For Preparing Texture Modified Foods and Thick Fluids* for instructions.

### Activity Station 1: Preparing a Dysphagia Soft entrée

- Choose 1 or 2 volunteer(s) to prepare the dysphagia soft entrée in front of group.
- While presenter is discussing this slide, volunteer(s) prepare product by following instructions on Activity Station 3 sheet and slide. Have volunteer(s) prepare meat, vegetables, starch and plate items.
- Test particle size with ruler (meat and vegetables).

## Dysphagia Soft: Preparation

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### Vegetables:

- Cook until soft. May be served 'as is' if they are mashable or diced to ½ inch/1 cm cubes.
- Mince cooked vegetables that are fibrous and stringy (e.g. green beans or broccoli).
- Mince salads (e.g. lettuce, coleslaw, and other leafy greens).

### Fruit:

- Dice (½ inch/1 cm cubed) or mash soft ripe fruits.  
Can also use soft canned or frozen fruit.

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key messages:**

- This slide describes how vegetables and fruits are prepared for the Dysphagia Soft Diet.
- Soft cooked vegetables and soft fruits (that are mashable) can be served as is.

**Facilitator Notes:**

Refer to Section 3.3: Texture Modified Diets, Dysphagia Soft for list of foods allowed and not allowed. May also use Appendix 3A: Texture Modified Diets poster

## Dysphagia Soft: Sample Meals



Poached cod tail with  
mashed potato and  
minced green beans



Diced turkey with  
mashed potato and  
peas and carrots

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key messages:**

- This slide shows two sample meals for a Dysphagia Soft Diet:
  1. Poached Cod tail, mashed potato and minced green beans.
  2. Diced turkey with mashed potato and peas and carrots.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Dysphagia Soft for list of foods allowed and not allowed. Show staff 1 cm size on a ruler, or draw a 1 cm square.

Refer to Appendix 3A: Texture Modified Diets poster.

Note that gravy is added to provide moisture.

**Background Information:**

This slide demonstrates types of foods allowed in the dysphagia soft diet and how to plate items.

## Minced

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- Foods are minced, grated or finely mashed to a size less than  $\frac{1}{4}$  inch or  $\frac{1}{2}$  cm.
- Foods are moist with no liquid separation.
- Some foods need to be pureed to be safe on a minced diet. For example, kernel corn and pitted stewed prunes.

**Outcome:** Describe the appearance of different diet textures.

**Key Messages:**

- Minced foods are minced, grated or finely mashed to less than  $\frac{1}{4}$  inch or  $\frac{1}{2}$  cm.

**Facilitator Notes (References):**

Refer to Section 3.3 Texture Modified Diets, Minced for texture guidelines and foods allowed/not allowed. Refer to Appendix 3A:Texture Modified Diets poster.

- Most Regular and Easy to Chew foods can be altered to fit into a Minced diet. This diet may be needed for people who have trouble chewing or swallowing.
- Some foods do not mince well and should be avoided:
  - Fruit with tough skins or hard seeds
  - Dry, crumbly, chewy breads
  - Foods that are sticky/gummy
- Some foods need to be pureed to be safe on a Minced diet, like kernel corn, stewed pitted prunes.

**Background Information:**

- Minced foods should be moist, stay together and have no liquid separation.
- If liquid separates from the minced food, and is eaten by a resident with dysphagia (swallowing difficulties), it may lead to the liquid going down the wrong way into the lungs (also known as aspiration).
- The particles of food should stick together to form bite-sized pieces that can be easily chewed and swallowed (cohesive).
- A ruler may be used to check that the size of particles is  $\frac{1}{4}$  inch (1/2 cm) or less.

## Minced

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### Breads:

- Soft and moist bread, buttered toast, muffins, buns and biscuits are allowed as is.
- Pancakes, waffles or French toast must have applesauce or syrup added to moisten.
- Ensure the bread product is checked before serving to ensure it is not hard, dry and chewy.
- If the crust of any product is too chewy, the crust would need to be removed.

**Outcome:** Describe the appearance of minced diet texture and how items can be made appropriate for the texture.

### Key Messages:

- Minced foods are minced, grated or finely mashed to less than ¼ inch (1/2 cm).

### Facilitator Notes: (References)

Refer to Section 3.3 Texture Modified Diets, Minced for texture guidelines and foods allowed/not allowed. Refer to Appendix 3A:Texture Modified Diets poster.

- Ensure the bread product being served is checked before serving. For example, if a bun that was soft and moist sits out, or isn't wrapped properly, it can quickly become hard, dry and chewy. If the crust of any product is too chewy, the crust would need to be removed.

## Minced and Pureed: Preparation Tips

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### Before mincing or pureeing foods:

- Drain liquid from portions needed for minced or pureed (e.g. remove excess liquid/gravy from meat before processing).
- Weigh or measure the portions needed. If pureeing foods, add 1 extra serving for every 10 servings.
- Chop or dice larger pieces of food, such as meat, before placing into equipment (e.g. processor, meat grinder).

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key Messages:**

- These tips apply to making both minced and pureed food.

**Facilitator's notes:**

Using the menu items for the regular diet, preparation of minced or pureed foods begins in the same way. Before mincing or pureeing foods:

- Remove liquid to prevent the final product from being too runny. More liquid can always be added later, if needed. This step also helps prevent water separation.
- Weigh or measure portions. To make sure you have the right volume at the end of processing pureed foods, add 1 extra serving for every 10 servings to be prepared.
- Coarsely chop larger pieces of food to help make sure that the food minces or purees evenly.

Proper preparation is important for safety and to make sure the final product provides adequate nutrition.

## Minced: Preparation Tips

- Some foods may be soft enough to mince with a fork, pastry blender, or potato masher.
- Other foods may need to be minced in a meat grinder or food processor. If mincing using a food processor, avoid over processing (do not puree food).
- Add 1 Tbsp/15 mL liquid at a time (juice, milk, gravy or sauce) to the product to make it moist **after** it has reached a minced consistency. Do **not** add water.

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key Messages:**

- This slide lists basic steps on how to prepare minced food.

**Facilitator's notes:**

- Before mincing a product, drain sauce or gravy before processing. Keep sauce aside to pour on product after mincing.
- Equipment used to mince foods: food processor or meat grinder for larger amounts; blender, mini chopper or food processor for smaller amounts.
- If using a food processor, use the pulse button to avoid over processing.
- Top product with sauce/gravy at correct serving temperature (>60°C).
- Water adds no nutrition and should not be added to minced menu items. Use liquids like juice, milk, gravy or sauce instead. Cooking liquid can also be used, but note that it will not add as much nutrition.
- If adding liquid, add hot liquids for hot foods and cold liquids for cold foods.

Activity can be completed now or at the end of the presentation. See *Activity Stations For Preparing Texture Modified Foods and Thick Fluids* for instructions.

**Activity Station 2: Preparing Minced Meat**

- Choose 1 or 2 volunteer(s) to prepare the minced meat in front of group.
- While presenter is discussing this slide, volunteer(s) prepare minced meat by following instructions on Activity Station 2 sheet.
- Have volunteer(s) plate meat and test particle size (with ruler) – refer to next slide.

## Minced: Preparation

Visually check that food particles are:

- **less than ¼ inch (1/2 cm)** in diameter (use a ruler)
- the same size and texture
- moist and stick together to form bite-sized pieces that can be easily chewed and swallowed



**Outcome:** Describe the appearance of different diet textures.

**Key Messages:**

- Minced food particles must be less than ¼ inch (1/2 cm) in diameter.

**Facilitator Notes:**

Show staff ¼ inch (1/2 cm) size on a ruler (or draw a ¼ inch (1/2 cm) square on paper). The photo shows ¼ inch (1/2 cm) beads against a ruler.

**Background Information:**

- There are no tools available to check particle size (apart from the ruler). It is important that the particles are the same size (no large lumps in product).
- When plating minced meat, the product should be moist and the particles of food should stick together to form bite-sized pieces that can be easily chewed and swallowed (see next slide for pictures).



## Minced: Sample Meals

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Baked fish with mashed potato, gravy and minced green beans



Minced minute steak with mashed potato, gravy and minced parsnip/carrot medley

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key Messages:**

- This slide shows examples of two meals that are appropriate for a minced diet.
  1. Baked fish with mashed potatoes, gravy and minced green beans.
  2. Minced minute steak with mashed potatoes, gravy and minced parsnip/carrot medley.

The photo shows a smaller serving size. Some residents may need more food than shown.

**Background Information:**

## Pureed

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### All pureed foods, including bread products, must:

- be soft, moist and smooth (the same texture as a pudding or mousse) with no water separation
- have particles that are the same size or smaller than cooked cream of wheat or applesauce (no lumps or visible particles)
- be as thick as pudding (solids) and hold their shape when mounded on a spoon
- fluids can be thinner

**Outcome:** Describe the appearance of different diet textures.

**Key Messages:**

- Pureed foods must be soft, moist and smooth.

**Facilitator Notes: (References)**

- Refer to Section 3.3: Texture Modified Diets, Pureed for texture guidelines and foods allowed/not allowed. Refer to Appendix 3A: Texture Modified Diet Poster

**Background Information:**

- Foods such as canned fruit must be drained before pureeing to avoid water separation. Water separation in a pureed food may lead to aspiration of liquids for a resident with dysphagia (swallowing difficulties).
- For sourced products, some water separation might occur. Once stirred, the product should not separate again.
- Pureed foods must be a smooth consistency with equally sized particles similar to applesauce or cream of wheat before being plated and served to residents.

Facilitator notes continued on slide 19.

## Pureed

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### All pureed foods, including bread products, must:

- be soft, moist and smooth (the same texture as a pudding or mousse) with no liquid separation
- have particles that are the same size or smaller than cooked cream of wheat or applesauce (no lumps of visible particles)
- be as thick as pudding (solids) and hold their shape when mounded on a spoon
- fluids can be thinner

**Outcome:** Describe the appearance of pureed diet textures.

**Key Messages:**

- Pureed foods must be soft, moist and smooth.

**Facilitator Notes: (References)**

Continued from slide 18.

- Refer to Section 3.3: Texture Modified Diets, Pureed for texture guidelines and foods allowed/not allowed. Refer to Appendix 3A: Texture Modified Diet Poster

**Background Information:**

- This diet may be needed for people who have trouble chewing or swallowing, or have a sore or dry mouth.
- Most foods can be altered to fit into a pureed diet.
- Some foods do not puree well and should be avoided:
  - Vegetables and fruit with skin or seeds. For example, raspberries and blackberries.
  - All forms of pineapple.
  - Dried fruit such as coconut or raisins.
  - Grain products and cereals with any hard particles. For example, multigrain bread with seeds, granola or dry rice.
  - Crispy cheese toppings or deep fried crispy or battered meats.
  - Crunchy nut butters. Smooth nut butters can be included if mixed with other allowed foods. For example, a peanut butter smoothie.

## Pureed: Preparation

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### Method for pureeing vegetables:

1. Cook vegetables. Drain cooking liquid and set aside.
2. Weigh or measure portions. Chop or dice, if needed.
3. Blend vegetables until fine and smooth.
4. If needed, add 1 Tbsp/15 mL of liquid (vegetable or fruit juice or melted margarine) at a time until puree looks smooth and moist.

Note: Most vegetables do not need liquid added when pureeing.

**Outcome:** Correctly make and serve the pureed diet texture.

**Key Messages:**

- This slide shows the basic steps for how to puree a vegetable.

**Facilitators notes:**

Activity can be completed now or at the end of the presentation. See *Activity Stations for Preparing Texture Modified Foods and Thick Fluids* for instructions.

**Activity Station 3: Preparing a Pureed Vegetable**

- Choose one or two volunteer(s) to prepare the pureed vegetable in front of group.
- While presenter is discussing this slide, volunteer(s) will prepare the vegetable by following instructions on Activity Station 3 sheet and slide.

This slide list basic steps on how to prepare a pureed vegetable.

- When preparing pureed foods, some quantities may be lost in the process. Therefore, adding one extra serving for every ten servings before pureeing may help to get the right portion sizes.
- Equipment used to puree foods: institutional mixer or food processor for larger amounts; mini chopper, blender or food processor for smaller amounts.
- Puree foods before adding liquid. This may help you avoid adding too much liquid and ending up with a puree that is too thin.

## Pureed: Preparation

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### Method for pureeing vegetables:

5. Use a strainer to remove any skins or seeds as needed before putting food onto plate.
6. Portion food onto plate.

Final product should be smooth without lumps or stringy bits.

**Outcome:** Correctly make and serve the pureed diet texture.

**Key Messages:**

- This slide shows the basic steps for how to puree a vegetable.

**Facilitators notes:**

This slide list basic steps on how to prepare a pureed vegetable.

- To maintain safe food temperatures during preparation, add hot liquids to hot foods and cold liquids to cold foods.
- Do not use water as it adds no nutrition and may reduce the flavour.
- Adding small amounts of liquid (1 Tbsp/ 15 mL) at a time helps to avoid adding too much at once which could result in a runny food.

## Pureed: Preparation

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Pureed food should be smooth without any lumps or stringy bits. There must be **no** visible particles.



Oatmeal is the only exception to this – it is consistent in texture and is appropriate on a pureed diet.

**Outcome:** Recognize the appropriate food texture for pureed diets.

**Key Messages:**

- Some pureed foods must be tested for appropriate particle size prior to serving such as soup.
- It is important for staff to know the appropriate appearance of pureed foods.

**Facilitators notes:**

Continue with activity if chosen to do during the presentation.

**Background Information:**

Descriptive details regarding particle size:

- Pureed food should be processed until there are no visible particles left.
- When scooped onto the plate, there should be no water separation.
- There should be no lumps or stringy pieces.

## Pureed: Preparation

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### Testing Consistency:

**Solid** pureed foods are thick enough to spoon up a minimum of about 1 ½ tsp- 2 tsp (7.5 mL–10 mL) onto a teaspoon.



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Nestlé HealthCare Nutrition.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

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**Outcome:** Recognize and serve the appropriate food texture for individual diets.

### Key Messages:

- All pureed foods should have a “pudding-like” consistency

### Background Information:

This slide illustrates and describes how pureed foods should hold onto a spoon.

When preparing a pureed product with staff, may show staff an example of how a ‘solid food’ may hold onto a spoon. Solid puree foods should be a pudding consistency.

Pureed soup can be thinner (‘nectar’ consistency).

## Pureed: Preparation Tips

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### If product is **too thin**:

- use commercial thickener to thicken the product to the desired consistency



**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

### **Key Messages:**

- Use commercial thickener to thicken and nutrient containing foods (e.g., gravy, milk, juice) to thin a pureed product.

### **Background Information:**

If product is **too thin**:

- Only use a commercial thickener.
- Avoid using bread crumbs, crackers, flour, instant potatoes, etc.
- If water separation occurs, use thickener to thicken the product (except for sourced items).

For more information on Thick Fluids and commercial thickeners, see Section 3.3 Texture Modified Diets, Thick Fluids.



## Pureed: Preparation Tips

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### If product is **too thick**:

- Use cooking liquids, gravy, milk, juice or sauce to enhance colour, flavour and the nutrient value of the food (Do **not** use water.)
- Add 1 Tbsp/15 mL liquid at a time, to avoid adding too much, which could result in runny food.
- Use hot liquids for hot foods and cold liquids for cold foods.



**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

### **Key Messages:**

- Use commercial thickener to thicken and nutrient containing foods (e.g., gravy, milk, juice) to thin a pureed product.

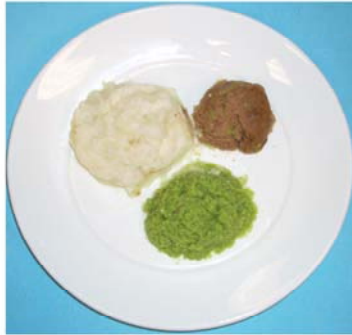
### **Background Information:**

If product is **too thick**:

- Use a nutrient containing fluid such as gravy, sauce, milk, melted margarine or juice to thin the pureed food. You can also use broth or cooking liquid, but they are lower in nutrients.
- Adding water can reduce the flavour of the food. It can also cause water separation, which should be avoided in pureed foods.
- Use hot liquids for hot foods and cold liquids for cold foods. This will help you keep the food the right temperature.

## Pureed: Sample Meals

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Pureed roast beef with  
mashed potato and  
pureed peas



Pureed roast beef, squash  
puree and mashed potato  
with gravy

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key Messages:**

- This slide shows two examples of pureed meals.

**Background Information:**

1. Pureed roast beef with mashed potatoes and pureed peas
2. Pureed roast beef with squash puree and mashed potatoes with beef gravy

Note that gravy is added to provide moisture.

Sourced pureed products are also available.

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## Additional Texture Modifications

<b>Outcome:</b>
<b>Key Messages:</b>
<b>Background Information:</b>

## Cut/Diced

- Foods must be cut up into **bite-sized** pieces or pieces that are easy to pick up (e.g. a quarter sandwich).
- It is safe to provide the dysphagia soft particle size (1/2 inch/1 cm cubed).



Chicken à la king with  
mashed potato and  
diced carrots

**Outcome:** Describe the appearance of additional texture modifications and correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- Cut/Diced foods should be bite-size.
- A Cut/Diced diet is not for dysphagia. It is for residents who are unable to cut their own food, but have no chewing or swallowing problems.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Cut/Diced for allowed/ not allowed foods.

**Background Information:**

- Cut/Diced is ordered when the resident has trouble cutting the food or can only eat with one hand. The Cut/Diced diet is not intended for management of dysphagia. The Dysphagia Soft diet is recommended in case of dysphagia and swallowing troubles.
- Cut/Diced is an additional texture modification that can be added to another primary texture (such as Regular or Easy to Chew).
- Cut/Diced foods are bite-sized pieces or pieces that can be picked up easily to promote self-feeding (finger foods). It is safe to provide the Dysphagia Soft particle size (1/2 inch/ 1 cm cubed).
- A sample Cut/Diced meal is pictured: Chicken à la king with mashed potato and diced carrots.

## Cut/Diced

- Meats must be either:
  - cut/diced (e.g. steak, hamburger patty),
  - fork tender (e.g. boneless fish, eggs, minced meats such as meatballs) or
  - shaved to paper thin
- Vegetables and fruit must be peeled and sectioned, mashed, cut or diced, unless they can easily be handled with 1 hand.



**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- Meats, vegetables and fruits must be cut into bite sized pieces.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Cut/Diced for allowed/ not allowed foods.

**Background Information:**

- All grains and milk products are allowed **except** those listed as not allowed on the primary texture order.
- Toast or bread should be cut in half.
- Sandwiches, hamburgers or hotdogs should be cut in halves or quarters.

Note: Fruit can be served whole if it can be managed with one hand or diced into easy to pick up pieces.

## No Mixed Consistencies

### Mixed consistencies are:

- foods with a thin fluid and a solid food in the same mouthful.
  - e.g. cold cereal with milk, soup with pieces of vegetables, noodles or meat
- foods that release liquid when chewed
  - e.g. watermelon, cherry tomatoes



**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

### Key Messages:

- No Mixed Consistencies is used for dysphagia management.
- It involves avoiding or modifying foods that combine a thin fluid with a solid food in the same mouthful.





### Facilitator Notes:

Refer to Section 3.3 Texture Modified Diets, No Mixed Consistencies for allowed/ not allowed foods.

### Background Information:

- Mixed consistencies are foods with a thin fluid and a solid food in the same mouthful.
- Some people may not be able to control liquid and solid foods in the mouth at the same time due to chewing and/or swallowing problems.
- No Mixed Consistencies is an additional texture modification that can be added to the primary texture (Minced, Dysphagia Soft, Regular or Easy to Chew). It is used for dysphagia management.
- Frozen desserts like frozen yogurt, ice cream, sherbet, etc that have hard particles such as dried fruit, nuts or granola become a mixed consistency when they melt. They should be avoided.

## No Mixed Consistencies

Mixed consistencies ❌	Modify	Modified ✅
 <b>Regular Soup</b>	➔	 <b>Blended Soup</b>
 <b>Peaches in Syrup</b>	➔	 <b>Drained Peaches</b>

**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key Messages:**

- Many foods can be easily modified for No Mixed Consistencies.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, No Mixed Consistencies for allowed/ not allowed foods.

Soup – Puree or strain soups so that no mixed consistencies remain. Do not serve with crackers.

Canned fruit – Drain the juice or syrup completely.

Cereal – Serve hot cereal only. Do not serve any dry cereal.

## Pureed Bread Products

Pureed Bread Products are always given with a Pureed diet, but can also be ordered along with other primary textures.

Examples of Pureed Bread Products:



Pureed bread



Pureed waffle



Oatmeal

**Outcome:** Describe and recognize the appearance of Pureed Bread Products.

**Key Messages:**

- Pureed Bread Products are the texture of pudding or mousse.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Pureed Bread Products

- Pureed Bread Products are soft and moist, like all other pureed foods. Bread products must be smoothly blended to a pudding or mousse consistency.
- Pureed Bread Products are always given with a Pureed diet, but can also be ordered with other primary textures (such as: Minced, Dysphagia Soft), as needed for people with chewing and/or swallowing problems.
- Smooth, hot cereals (like oatmeal) are okay as is.
- Rice, barley or couscous in a sauce or gravy
- Minced or bite size pasta cooked until very soft and served in a sauce or casserole.
- Grain products that have chocolate chips, nuts, seeds, dried fruit or any hard particles are not allowed, even if pureed or slurried.

Sourced pureed bread products are also available.



## Pureed Bread Products

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### How to Puree Bread Products:

Pureed Bread Products can be made by

either pureeing

or

by making a slurry.

**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- Another option is to use slurries to soften bread or bakery products.
- The finished product feels like pudding in the mouth.

**Facilitator Notes**

Refer to Section 3.3 Texture Modified Diets, Pureed Bread Products.

## Pureed Bread Products

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### Pureeing:

Use a hand blender with a chopper attachment, mini chopper, food processor, or blender.

1. Take one serving of bread product and break into small pieces if needed.
2. Add 1 Tbsp/ 15 mL of liquid, such as milk, juice, syrup, broth, melted butter, or margarine to puree the food.
3. Blend together until smooth and moist like a pudding or mousse.

**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- The finished product feels like pudding in the mouth.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Pureed Bread Products.

## Pureed Bread Products

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### If the pureed food is too thick:

Add extra liquid to your pureed food. Add 1 Tbsp/ 15 mL of liquid at a time. Puree food again to make bread product smooth and moist.

### If the pureed food is too thin:

Thicken using more of the food being pureed or add a commercial thickener. Puree food again. If pureed food is still too thin, repeat the steps above.

**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- Use commercial thickener to thicken and nutrient containing foods (e.g., gravy, milk, juice) to thin a pureed product.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Pureed Bread Products.

## Pureed Bread Products: Slurries

- Slurries can soften bread or baked items.
- Slurries are made with a liquid and commercial thickener to modify a product for the Pureed diet.
- The finished product looks like the initial product (meaning it will keep its original form).
- Foods made with a slurry must not contain nuts, seeds, raisins, dates or coconut.
- Examples of slurries include a bread slurry, French toast, pancake or waffle slurry, muffin slurry, cake/cookie slurry, or a brownie/bar slurry.

**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- Another option is to use slurries to soften bread or baked items.
- The finished product feels like pudding in the mouth.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Pureed Bread Products.

**Background information:**

- Slurries can be used to soften bread or baked items to ensure the right texture for the pureed diet instead of just pureeing them.
- The finished product looks like the initial product, but feels like pudding in the mouth.

## Pureed Bread Products: Slurries

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### Method for preparing slurries:

1. Mix the commercial thickener and hot liquid (hot milk, juice, water or nutrition supplement drink) and stir until smooth. Follow the recipe for amounts of thickener and liquid.
2. Place the bread product (digestive cookies, pancakes, muffin, etc) in a dish and add the slurry mix. Spread evenly and cover, allowing the bread product to absorb the slurry mix. Follow recipe instructions for how long to let the bread product absorb the slurry mix.
3. Serve cold or warm, depending on the bread product.

**Outcome:** Correctly make and serve the additional food texture modifications for individual diets.

**Key messages:**

- Another option is to use slurries to soften bread or baked items.
- The finished product feels like pudding in the mouth.

**Facilitator Notes:**

Refer to Section 3.3 Texture Modified Diets, Pureed Bread Products.

## Equipment for Texture Modified Diets

### Institutional Equipment



Food processor/  
RobotCoupe



Meat grinder



Mixer

**Outcome:** List standard equipment used to prepare texture modified diets and recipes.

**Key Messages:**

- A variety of different equipment can be used to prepare texture modified foods.
- These are some common pieces of equipment that are used in institutional settings.

**Facilitator Notes:**

Now that we have reviewed all the different types of texture modified diets, we will review the equipment that is commonly used to prepare foods for those diets.

Staff should be familiar with equipment in their kitchen site (even if not listed on slides).

Here are some examples of institutional equipment and its uses:

1. Food processor: pureeing or mincing foods
2. Meat grinder: mincing foods
3. Mixer: thicken pureed soup

**Background Information:**

This slide and the next illustrates pieces of equipment that can be used in the preparation of textured modified foods. There are both institutional and home style equipment that may be used, depending on the quantity of food needed to be prepared (institutional equipment can be used for larger volumes of food).

## Equipment for Texture Modified Diets

### Home Style Equipment



Blender



Hand held mixer



Food processor

**Outcome:** List standard equipment used to prepare texture modified diets and recipes.

**Key Messages:**

- A variety of different equipment can be used to prepare texture modified foods.
- These are some common pieces of equipment that are used in a home setting, or for smaller volumes of food.

**Facilitator Notes:**

Staff should be familiar with equipment in their kitchen site (even if not listed on slides).

Home style equipment may be used for smaller volumes of food. Here are some examples of home style equipment and its uses:

1. Blender: pureeing foods
2. Hand held mixer: pureeing foods
3. Food processor: pureeing or mincing foods

## Texture Modified Food: Preparation Tips

- Follow procedures to prepare texture modified foods (recipe).
- Provide foods similar in taste and variety to those offered on the regular diet.
- Make sure food tastes and looks good.
- Serve hot foods with an internal temperature of over 140° F/ 60°C (holding temperature) and cold foods at 40°C / 4°C or less.



**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

**Key Messages:**

- Residents receiving texture modified diets have difficulty consuming food.
- By making the food appetizing and safe, you can improve their intake of food, which may help improve their health.

**Background Information:**

- It is important to follow recipes/guidelines at your site to make sure food is consistently safe, nutritious and tastes good. (If your site has standards or recipes for preparing texture modified foods, please let staff know what is available and where to find them.)
- In most cases, the regular menu can be adapted to suit the needs of residents with Texture Modified Diets.

Ensure that the appropriate texture is reached when preparing foods:

- If you under process foods (for example, texture is not fine enough, or lumpy/stringy bits remain), you put residents at risk.
- If you over process foods (for example, texture is too fine for diets like minced or dysphagia soft), you may be limiting the variety of foods and textures for your residents.
- Make sure hot food stays hot and cold food stays cold. This is important for both food safety and for food quality.



## Following Texture Modified Recipes

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### Example recipe:

Pureed Beef Barley Soup to honey thickness (4 servings)

2 1/3 cups	Beef Barley Soup	600 mL
1/4 cup	Commercial Thickener	50 mL

- Heat soup to serving temperature.
- Put regular soup in blender. Puree until smooth and strain through 1 mm mesh strainer.
- Add thickener. Whisk together until smooth.

**Outcome:** Follow texture modified recipes.

**Key Messages:**

- This slide shows an example of a texture modified recipe.

**Facilitator's notes:**

A texture modified recipe should:

- Have clear instructions.
- Include directions for checking food is the appropriate texture.

Follow the instructions for the commercial thickener used at your site.

Note that this is an example of a recipe. Each site should have recipes for all their texture modified foods, using equipment available at their site.

## Texture Modified Foods: Appearance

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### To enhance appeal:

- Offer a variety of colourful and appetizing foods.
- Use garnishes with the same texture to add colour and appeal.
- Place foods on the plate in an attractive manner.
- Keep food items separate on the plate.



**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

### Key Messages:

- Texture modified foods must be presented in an appealing way to the resident.
- The way foods are presented can affect a resident's acceptance and intake.

### Background Information:

- Colour: avoid combining same colour foods on the plate. A variety of colours can seem more appealing to the resident.
- Garnishes are important for plate presentation and appearance. Garnishes must have the same texture as the diet.
- Keep food items separated: Mixing foods together can drastically change the taste, colour and attractiveness of the food. This can decrease the resident's intake and create dislike for the food.

## Texture Modified Foods: Taste

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### To enhance taste:

- Add cooking liquids, gravy, milk, juice or sauces to enhance colour and flavour, not water.
- Use spices (except salt) to add flavour.
- Serve meals at the correct temperature (hot foods must be served hot, cold foods must be served cold).
- Taste the food before serving it to residents.

Staff should be positive and encouraging about the meal when serving it to the resident.

**Outcome:** Correctly make and serve the appropriate food texture for individual diets.

### Key Messages:

- Taste can affect the patient's acceptance and intake.
- Always taste food before serving it.

### Background Information:

- Always follow the recipe.
- Refer to the recipe and diet order before adding extra spices.
- Avoid using water to thin the product. Use gravy, milk, juice, cooking liquids or sauces to add flavour and maintain the nutritional value of the food while thinning the product.
- Temperature is important for taste as well as food safety.
- Be positive and encouraging about the meal. This will help the resident accept and eat the food.

## Food Safety

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### Follow food safety rules:

- safe holding temperatures
- reheating temperatures
- Texture modified foods cool more quickly; ensure food is held at the appropriate holding temperature.
- Clean and sanitize the equipment between food items.



**Outcome:** Safely hold and texture modified foods.

**Key Messages:**

- Texture modified foods have a greater surface area than regular foods which can cause them to cool down faster.

**Facilitator's notes:**

- Food safety rules are the same as with other foods, including safe holding temperatures, cooling times and reheating. Refer to Health Canada's food safety temperature guidelines. <http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/index-eng.php>
- Texture modified foods have more surface area, therefore the temperature will drop faster and the food will be in unsafe temperature zones more quickly.
- All equipment (as well as rulers, measuring tools) used when preparing texture modified foods must be cleaned and sanitized between food preparation.

**Background Information:**

- For more information, refer to Section 1.4 Food Safety

**Reference:** <http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/index-eng.php>

## Food Safety

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- Use texture modified foods right away, or store in the fridge for no longer than 24 hours. (or the freezer for up to 2 months)
- Label and date all stored foods.
- Practice *first in first out*- use older items first.



**Outcome:** Safely make, serve and store texture modified foods.

**Key Messages:**

- Label and date all stored foods to make sure the food you serve is safe.

**Facilitator's notes:**

Refer to Section 1.4 Food Safety

**Background Information:**

Avoid using leftovers; discard texture modified foods if they have been stored for longer than:

- 24 hours in the refrigerator or
- 2 months in the freezer.

Practice first in, first out, to make sure you use up food that has been stored the longest, first.

## Sample Pureed Menu Plan

### Supper menu:

Regular Menu	Change	Pureed Menu
Water and coffee/ tea		Water and coffee/tea
Meatloaf	Puree and add gravy	<b>Pureed</b> meatloaf, with 2 Tbsp (30 mL) <b>gravy</b>
Baked potato	Remove skin, puree potato and add gravy	<b>Smooth mashed</b> potatoes, with 2 Tbsp (30 mL) <b>gravy</b>
Green beans	Puree and top with margarine	<b>Pureed</b> green beans, with <b>margarine</b>

**Outcome:** Learn how to adapt the regular menu for texture modified diets to meet individual dietary requirements.

**Key Messages:**

- Most menu items can be adapted for texture modified diets.
- This slide (and the next) shows how you can modify your regular menu to meet the needs of a Pureed diet.

**Facilitator Notes:**

Water and coffee/tea – No change needed unless the resident needs thick fluids

Meatloaf – Needs to be pureed. Gravy can be added to meat once it is pureed.

Baked potato – You can modify a baked potato (as on the slide) OR you can make mashed potatoes for all of your residents who require a minced or pureed diet.

Green beans – It may be challenging to achieve a smooth consistency with green beans. Be sure to process beans long enough to get the right texture. Another option would be to replace the beans with another green vegetable like peas.

Margarine – Is added to provide flavour and extra calories.

Examples of how to adapt a regular menu for other diets can be found in Section 3.3: Texture Modified Diets.

## Sample Pureed Menu Plan

### Supper menu:

Regular Menu	Change	Pureed Menu
Whole grain tray bun	Puree	<b>Pureed</b> whole grain tray bun
Milk / fortified soy beverage	Change to whole milk/ no change	<b>Whole milk</b> (3.25% M.F.)/ fortified soy beverage
Baked apple with cinnamon	Puree	<b>Pureed</b> baked apple with cinnamon
Vanilla pudding		Vanilla pudding

**Outcome:** Participants will be able to adapt the regular menu to meet individual dietary requirements.

#### Key Messages:

- Most menu items can be adapted for texture modified diets.
- This slide shows how you can modify your regular menu to meet the needs of a Pureed diet.

#### Facilitator Notes:

Whole grain tray bun – Puree bun with milk, melted margarine, etc, OR substitute a bread slurry.

Milk/Soy beverage – Change to whole milk (3.25% M.F.) for additional calories. If thick fluids are needed, provide thickened milk.

Baked apple – Remove skin and seeds before pureeing OR substitute warm applesauce sprinkled with cinnamon.

Vanilla pudding – No change needed.

Examples of how to adapt a regular menu for other diets can be found in Section 3.3: Texture Modified Diets.

## Summary

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- Almost all foods can be adapted from the regular menu for texture modified diets.
- Follow standardized recipes and guidelines when preparing food to make sure food is safe and healthy.
- Use the appropriate piece of food preparation equipment when preparing textured modified foods.
- Food that tastes and looks good will help with residents' acceptance and intake.



**Outcome:** Correctly adapt the regular menu and serve the appropriate texture modified diets to meet individual dietary requirements.

**Key Messages:**

- Many foods can be adapted from your regular menu.
- It is important to follow recipes and guidelines to make sure food is consistently safe and healthy for your residents.




**Background Information:**

- Almost all foods can be adapted from your regular menu for texture modified diets.
- Follow standardized recipes and guidelines when preparing food to make sure it is safe and healthy.
- Use the appropriate piece of equipment when preparing textured modified foods.
- Food that tastes and looks good will help with residents acceptance and intake.



# Summary

Use the Texture Modified Diets poster as a guide.

TEXTURE MODIFIED DIETS					
PUREED DIET		MINCED DIET		DYSPHAGIA SOFT DIET	
<b>Descriptions:</b> • Texture of a pudding or mousse • Soft, smooth and moist • No water separation and no visible whole pieces of food.		<b>Descriptions:</b> • Minced, grated or mashed foods that require little chewing • Moist foods, without water separation • Regular bread products		<b>Descriptions:</b> • Soft and moist • Meats are tender and diced to 1 cm (1/2 inch) cubed or can be minced with a fork in one hand (fork-mashable) • No foods that are dry, crumbly, chewy, sticky or gummy	
<b>Green Vegetables</b> • Pureed vegetables and fruit; mashed potatoes • Applesauce; fruit sauces • Pureed or sliced bread products; smooth hot or cold meals • Pureed rice or pasta • Milk, smooth yogurt or pudding • Pureed meats • Smooth sauces, gravies or condiments	<b>Raw, Not Allowed</b> • Raw whole vegetables and fruit; dried fruit even if pureed • Cold cereals • Milk products with fruit pieces • All nuts or seeds • Sauces or condiments with chunks (e.g., jam, marmalade, relish)	<b>Green Vegetables</b> • Minced soft vegetables and fruit; mashed ripe bananas; applesauce or fruit sauces • Soft, moist regular bread products; smooth hot cereals • Soft minced or bite sized pasta, or moist, sticky rice • Soft or grated cheese • Minced, moist meats with smooth sauces or gravies	<b>Soft, Not Allowed</b> • Raw vegetables; fruit that is raw or has tough skins; dried fruit • Dry, crumbly or chewy bread products; cold cereals • Dry, loose rice • Chunks or cubes of hard cheese • Breaded or battered meats, even if minced • Crunchy or smooth nut butters • All nuts and seeds	<b>Green Vegetables</b> • Diced or fork-mashable soft vegetables and fruit; vegetables should be minced if not fork-mashable • Soft fork-mashable meats; moist, sticky rice • Soft, moist bread products; hot cereals; cold cereals softened in milk • Milk products with small pieces of fruit • Soft fork-mashable or dried meat with gravy	<b>Raw, Not Allowed</b> • Raw vegetables; fruit with tough skins; dried fruit • Dry, crumbly or chewy bread products; cold cereals that do not soften in milk • Milk products with large pieces of fruit • Dry, breaded or battered meat; large chopped or whole nuts and seeds
					
Pureed Roast Beef with Mashed Potato, Gravy and Ketchup Purée		Minced Turkey with Mashed Potato, Gravy and Minced Carrots		Diced Turkey with Mashed Potato and Soft Peas and Carrots	

**Outcome:** Reinforce and summarize the primary textures.

**Key Messages:**

- Use the Texture Modified Diets poster as a guide.

**Facilitator Notes:**

Refer to Appendix 3A, Texture Modified Diets poster.

## Questions?

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If you have any future questions about texture modified foods, please ask your **supervisor**.

**Outcome:** Be aware of who to contact if you have questions regarding texture modified foods.

**Key Messages:**

- If you have questions, contact your supervisor.

**Facilitator Notes:**

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Refer to Appendix 3A, Texture Modified Diets poster.

**Background Information:**

After presentation and Activity Stations are complete, hand out quiz to participants.