

Section 5

Dysphagia/Texture Modified Diets

Topics in this section include:

- 5.1 [Overview](#)
- 5.2 [Comparison of Alberta Health Services and International Dysphagia Diet Standardisation Initiative \(IDDSI\) diets](#)
- 5.3 [Texture Modified Diets](#)
 - 5.3.1 [Easy to Chew](#)
 - 5.3.2 [Dysphagia Soft](#)
 - 5.3.3 [Minced](#)
 - 5.3.4 [Pureed](#)

Additional Diet Modifications

- 5.3.5 [Cut/Diced](#)
- 5.3.6 [Mixed Consistency Foods](#)
- 5.3.7 [Pureed Bread Products](#)
- 5.3.8 [Thick Fluids](#)

5.1 Overview

Dysphagia is the medical term used for difficulty during swallowing.

Changes to food textures and fluid thickness are commonly referred to as Dysphagia or Texture Modified diets.

Texture Modified diets can help residents with chewing and/or swallowing difficulties by providing foods that are safe for swallowing. Texture Modified diets require changing the texture of the foods and the consistency of the fluids on the regular menu or choosing appropriate textured foods and substituting for what is on the menu.

Texture Modified diets may have other serving sizes based on standardized recipes and resident tolerance for volume and preferences. Texture Modified diets should aim to have the same nutritional value as the regular menu.

Texture Modified Diets

Textures:	Additional Modifications:
<ul style="list-style-type: none">• Easy to Chew• Dysphagia Soft• Minced• Pureed	<ul style="list-style-type: none">• Cut/Diced• Pureed Bread Products• No Mixed Consistencies• Thick Fluids

Some residents with dysphagia or swallowing problems may choose not to follow the recommended texture modified diet. These can include modifications such as thick fluids, minced diet, no mixed consistency food, or pureed diet.

A **Managed Risk Agreement** could be considered for these residents who choose not to follow the recommendations. This is an agreement between a resident/agent and the site that shows that the resident is aware of the risks of their choices and the site agrees to respect the resident's decision and their right to take risks.

The resident should be informed of all possible risks and benefits. A managed risk agreement may be negotiated between the resident, the health care team, and an alternate decision maker.

5.2 Comparison of AHS and IDDSI Diets

Comparison of Alberta Health Services (AHS) and the International Dysphagia Diet Standardisation Initiative (IDDSI) Diets (for Supportive Living)

What is the IDDSI framework?











The IDDSI framework provides an evidence-based global standardized framework with terminology and descriptors for the dysphagia diet. It is applicable to all ages, in all care settings, and for all cultures.¹

By standardizing terminology and diet criteria, the IDDSI framework has the potential to improve patient safety, communication between patients and health care providers, and provides a reference point for research innovation.¹ To access the IDDSI framework and supporting documentation refer to <http://iddsi.org/>.¹

As AHS has a safe, effective, and evidence informed process for the provision of dysphagia diets, with more similarities than differences with the IDDSI framework, there are no immediate plans to completely transition to the IDDSI framework. Some IDDSI changes will be implemented as commercially prepared foods and fluids are reformulated to meet the IDDSI framework. Over time, opportunities may exist to learn from other jurisdictions that proceed with implementation of the IDDSI.

AHS texture modified diets and thick fluids were structured to be flexible to provide the least restrictive diet possible while minimizing safety risks, promoting oral intake, and reducing harmful outcomes such as malnutrition and decreased quality of life. They are also used for patients who do not have dysphagia. AHS is continuing to analyze current literature and review implementation experiences with the IDDSI framework in other jurisdictions.

Comparison of AHS and IDDSI Dysphagia Diets (for Supportive Living)

Diet Name	AHS	IDDSI (identified by name, number and colour)	Differences/Comments
Fluid Consistencies	Regular	Thin (Level 0) Not Thickened 	AHS and IDDSI are the same
		Slightly Thick (Level 1) 	Not commercially available or served in AHS
	Mildly Thick (Nectar)	Mildly Thick (Level 2) 	AHS and IDDSI are the same. Presently products can be labelled with IDDSI only or with the dual labels shown under the AHS column.
	Moderately Thick (Honey)	Moderately Thick (Level 3) 	
	Extremely Thick (Pudding)	Extremely Thick (Level 4) 	
	Balanced Fluids (may not be available at all AHS sites)	Liquidised (Level 3) 	AHS Balanced Fluids is most similar to IDDSI Liquidised Level 3. AHS Balanced Fluids provides fluids at thin and mildly thick level. IDDSI Liquidised Level 3 provides fluids and thinned pureed at moderately thick level.
Solid Food Textures	Pureed	Pureed 	AHS and IDDSI are the same
	Minced	Minced & Moist 	Within facilities with an AHS food service , the Minced diet order is the standard. This provides a particle size the same as IDDSI (4 mm and no longer than 15 mm in length) which is the IDDSI particle size for adults. (The IDDSI pediatric particle size of 2 mm x 8 mm is not served.) Soft moist bread products and mixed consistencies are allowed. At facilities without an AHS food service , IDDSI orders may be received. If Minced & Moist is ordered, the particle size is the same, but pureed bread products (and no regular bread) will be served. Foods with mixed consistencies are not allowed. In both situations , adjustments can be made for individual need.
	Dysphagia Soft	Soft & Bite-Sized 	Within facilities with an AHS food service , the Dysphagia Soft diet order is the standard. This provides a particle size of 1 cm x 1 cm smaller than the IDDSI recommendation of no larger than 1.5 x 1.5 cm for adults. (The IDDSI pediatric particle size of 8 mm x 8 mm is not served.) Soft moist bread products and mixed consistencies are allowed. At facilities without an AHS food service , IDDSI orders may be received. If Soft & Bite Sized is ordered, the particle size should be no larger than 1.5 x 1.5 cm for adults and 8 mm x 8 mm for pediatrics. Pureed bread products (and no regular bread) will be served. Foods with mixed consistencies are not allowed. In both situations , adjustments can be made for individual need.
	Easy to Chew/ Regular	Easy to Chew/Regular 	AHS and IDDSI are the same

5.3 Texture Modified Diets

5.3.1 Easy to Chew

Description

Some people may have problems chewing foods that are hard or crunchy. This can happen for many reasons such as mouth pain, poorly fitting dentures, or missing teeth.

Easy to chew foods are **soft** and **moist** so that they are easier to eat. Easy to chew diets must provide a variety of foods from the food groups in [Canada's food guide](#) and should follow the [Menu Planning Guidelines](#), in Section 2.2.

Shown below are sample meals for an Easy to Chew diet:



Diced ham with macaroni and cheese and French cut green beans



Chicken à la king with mashed potato and gravy and steamed carrots



Poached cod tail with canned green beans and mashed turnip

For a [Sample Easy to Chew Menu Plan](#) see Appendix 5E

Foods allowed/not allowed on an Easy to Chew Diet

Foods allowed include soft foods that are easy to chew. Foods not allowed are dry, crispy, or hard foods; foods with long or stringy pieces and foods with tough skins. See the table which follows for foods allowed and not allowed on an easy to chew diet.

Foods Allowed	Foods Not Allowed
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • soft cooked, canned, fresh, or frozen vegetables • soft raw vegetables (ripe avocado, cucumbers, mushrooms, tomatoes, zucchini) • finely shredded salads (coleslaw, leafy greens, lettuce) • applesauce, fruit cups, or fruit sauces • soft ripe fresh, canned, or frozen fruits (bananas, berries, seedless grapes, kiwi, melons, pears, strawberries, seedless watermelon) • crushed or cooked pineapple 	<ul style="list-style-type: none"> • hard raw vegetables (carrots, celery) • salads that are not shredded (Caesar, spinach, tossed) • crispy dry French fries, hash browns, or potato skins • hard fresh fruit (whole apple with skin) • uncooked dried fruit
<p>Grain Foods</p> <ul style="list-style-type: none"> • cooked cereals (Cream of Wheat®, congee, oat bran, oatmeal, Sunny Boy®) • cold cereals that soften in milk (bran flakes, corn flakes, rice crisps) • soft bread products (biscuits, bread stuffing, buns, buttered toast, muffins) • bread with small seeds (flax bread) • French toast, pancakes, or waffles, served with applesauce or syrup to moisten • soft cooked barley, couscous, pasta, or rice • soft crackers, such as soda crackers • soft cereal bars, such as Nutri-Grain® bars • ground flax seed or wheat bran stirred into cereals 	<ul style="list-style-type: none"> • dry, crusty, or chewy breads (bagels, bread sticks, crusty buns, French bread, pitas, dry muffins) • hard crackers and granola bars • dry pizza crust, such as thin crust pizza

Allowed/not allowed on an Easy to Chew Diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Protein Foods (Milk and Alternatives)</p> <ul style="list-style-type: none"> • milk: plain or flavoured • buttermilk, milkshakes, or fortified soy beverages • yogurt • cottage cheese, cheddar, processed cheese slices, or ricotta cheese • diced, cubed, or grated cheese, or cheese as an ingredient in any allowed foods 	<ul style="list-style-type: none"> • custards, puddings, or yogurt with dried fruit, granola, nuts, or seeds • crispy melted stringy cheese topping (for example, on top of casserole)
<p>Protein Foods (Meat and Alternatives)</p> <ul style="list-style-type: none"> • soft tofu/soy protein • soft cooked beans, lentils, peas, or soft dishes made with allowed ingredients (soft bean salad) • smooth nut butters spread on allowed foods or made into a smoothie • all cooked eggs or egg substitutes, including omelets and quiche with allowed ingredients • soft moist tender meat or poultry (hamburger patty, breaded pork cutlet, roast, Salisbury steak) • canned fish with bones removed (canned salmon with mashed bones is allowed) • tender boneless moist fish that flakes easily • minced meat, made with allowed ingredients (casseroles, chili, lasagna, meatloaf, meatballs, shepherd's pie, or stew) • sandwiches with salad-type or minced fillings, shaved or sliced meat, cheese, or shredded vegetables (shredded lettuce) • sausages and wieners with soft casings, processed meats (deli-style or luncheon meats) • plain single patty, moist cheeseburgers, or hamburgers with a bun • all soups made with allowed ingredients 	<ul style="list-style-type: none"> • custards, puddings, or yogurt with dried fruit, granola, nuts, or seeds • crispy melted stringy cheese topping (for example, on top of casserole) • crunchy nut butters • nuts and seeds, whole or chopped • bacon, bacon bits, or beef jerky • crispy or fried fish, meat, poultry, or organ meat • sausages or wieners with hard casing, such as garlic sausage or Kolbassa

Allowed/not allowed on an Easy to Chew Diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Desserts and Snacks</p> <ul style="list-style-type: none"> ice cream, Popsicles®, sherbet, soy frozen desserts, or frozen yogurt custards, milk puddings, or mousse soft or easy to break cookies (digestive biscuits) soft baked desserts (cream or pumpkin pies, moist cakes) jellied desserts 	<ul style="list-style-type: none"> hard cookies or desserts with nuts or seeds candy, gum, licorice, or toffee
<p>Condiments and Sauces</p> <ul style="list-style-type: none"> condiments that are smooth or have small pieces, such as BBQ sauce, horseradish, ketchup, mustard, or relish smooth gravies or sauces, such as cheese sauce, hollandaise sauce, or white sauce sliced or cut pickles (beets, dill), pitted olives 	<ul style="list-style-type: none"> herbs, spices, and seasonings with hard seeds, such as coriander seeds or peppercorn spreads, gravies, or sauces that have large hard pieces whole hard pickles, pickled onions, or olives with pits
<p>Drinks</p> <ul style="list-style-type: none"> All drinks 	

Tips for preparing easy to chew food:

- Choose soft moist foods. Foods may need to be chopped, minced, or mashed to make them easier to chew.
- Add butter, soft margarine, gravy or sauces, oils, salad dressing, or sour cream to moisten foods.
- Blend fruits into smoothies, milkshakes, popsicles, puddings, or sauces.
- Remove tough skins and/or seeds on fruit (for example, sliced apple and watermelon). Stew or cook dried fruit.
- Soak bread, biscuits, hard cookies, or muffins in milk or soup to soften, if required.
- Braise, boil, simmer, or poach meats slowly in water, broth, or juice to make them tender. Use of a slow cooker or pressure cooker can also help soften meats.
- Cut meat into bite-sized pieces. Grind or blend meat if it is still too hard or chewy.

Taste and appearance:

- Offer a variety of colourful and appetizing foods.
- Use appropriate texture garnishes to add colour and appeal.
- Taste the food before serving it to make sure it is acceptable.
- Serve meals at the right temperature (hot foods should be served hot, cold foods should be served cold).

Snack ideas:

- Crushed pineapple
- Canned pears
- Soft cereal bars
- Tapioca, rice, or bread pudding
- Cottage cheese
- Soft sandwiches

For more information, see the handout [Easy to Chew Diet](#).

5.3.2 Dysphagia Soft

Description

A Dysphagia Soft diet is needed if a resident has trouble chewing or swallowing. This can happen for many reasons such as mouth pain, poorly fitting dentures, or missing teeth.

On a Dysphagia Soft diet foods provided are soft and moist. Add broth, melted butter or soft margarine, gravy, sauces, milk, or juice to foods for extra moisture.

Foods that are not soft or moist enough may need to be diced, minced, finely shaved, or mashed.

Foods that need to be diced should be cut into pieces that are smaller than 1 cm (about ½ inch) for adults.

- Example of 1 cm of diced food:

Foods that need to be minced should be less than ½ cm (about ¼ inch).

- Example of ½ cm of minced food:

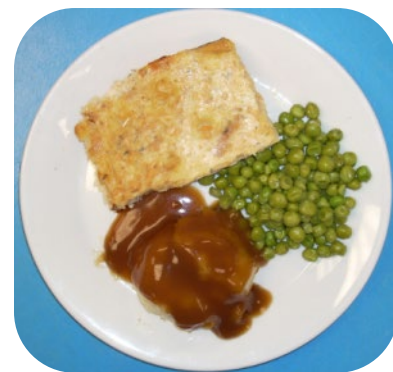
A Dysphagia Soft diet must provide a variety of foods from the food groups in [Canada's food guide](#) and should follow the [Menu Planning Guidelines](#), in Section 2.2.



Poached cod tail
with mashed potato and
minced green beans



Diced turkey and gravy,
with mashed potato, peas,
and carrots



Soft salmon loaf with
mashed potato and gravy,
and green peas

For a [Sample Dysphagia Soft Diet Menu Plan](#) see Appendix 5D.

Foods allowed/not allowed on a Dysphagia Soft Diet

Foods allowed include soft and moist foods. Though most food can be altered to fit into a Dysphagia Soft diet, some foods need to be avoided altogether. Avoid foods that are dry, crumbly, sticky, gummy, hard or chewy. Some foods need to be minced to be safe on a Dysphagia Soft diet. See the table below for a list of foods allowed and not allowed on a Dysphagia Soft diet.

Foods Allowed	Foods Not Allowed
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • soft diced cooked vegetables (carrots, squash), mashable cooked vegetables (peas, spinach) or minced cooked vegetables (broccoli, yellow or green beans) • very finely shredded or minced salads (coleslaw, leafy greens, lettuce) with extra dressing if needed • mashed potatoes or other well-cooked potato side dishes such as scalloped potatoes • canned cream corn • soft ripe mashable fruit: canned, fresh, or frozen (bananas, canned crushed pineapple, canned mandarin oranges, canned sliced peaches, ripe pears), fresh fruit with skins and membranes removed (diced soft cantaloupe, seedless watermelon) fruit cocktail without pineapple pieces or grapes • pureed, stewed pitted prunes • fruit smoothies (with fruits allowed) 	<ul style="list-style-type: none"> • hard, raw vegetables that cannot be mashed (broccoli, carrot sticks, cauliflower, celery), even if diced • tossed salad, or any other salads made with ingredients not allowed • salad or cabbage that is not finely shredded (Caesar, spinach, tossed) • crispy dry French fries, hash browns, or potato skins • whole kernel corn, even in soup • fresh or canned vegetables or fruits, with membranes or tough skins (whole apples, citrus fruits, grapes, whole tomatoes) • fruits with hard seeds (blackberries, raspberries) • dried fruit (coconut, cranberries, raisins) • pineapple, fresh or canned, sliced, chunks, or tidbits

Allowed/not allowed on a Dysphagia Soft Diet

Foods Allowed	Foods Not Allowed
<p>Grain Products</p> <ul style="list-style-type: none"> • cooked cereals (cream of rice, Cream of Wheat® oat bran, oatmeal) • cold cereals that soften in milk (bran flakes, corn flakes, rice crisps) • soft moist bread products (biscuits, buns, buttered toast, muffins) served with butter, soft margarine, or other allowed spreads • French toast, pancakes, or waffles, served with applesauce or syrup to moisten • soft moist barley, couscous, quinoa, or rice in sauces, soups, or casseroles • pasta served in sauce • bread pudding, or soft and moist bread stuffing (without chocolate chips, coconut, dried fruit, nuts, seeds, or any other hard particles) • soft crackers, such as soda crackers • soft cereal bars, such as Nutri-Grain® bars • ground flax seed or wheat bran stirred into cereals 	<ul style="list-style-type: none"> • cereals or grain products (with chocolate chips, coconut, dried fruit, nuts, or seeds) • dry, crusty, or chewy breads (bagels, crusty buns, English muffins, pitas, tortillas) • dry, loose rice (brown, fried, steamed, wild) • hard or chewy cereal bars, crackers, or granola • dry pizza crust, such as thin crust pizza
<p>Protein Foods (Milk & Alternatives)</p> <ul style="list-style-type: none"> • milk: plain or flavoured • buttermilk, smooth milkshakes, or fortified soy beverages • smooth yogurt or fruit yogurt with small soft pieces of fruit • cottage cheese • all cheeses (hard or soft), diced, sliced, or grated • soft tofu/soy protein • soft cooked beans, lentils, peas, or soft dishes made with allowed ingredients (soft bean salad) • smooth nut butters mixed into allowed foods (peanut butter smoothie) 	<ul style="list-style-type: none"> • yogurt (with large fruit pieces, dried fruit, nuts, seeds, or granola) • crispy melted stringy cheese topping (for example, on top of casserole) • nut butters: crunchy or smooth, spread on food • nuts and seeds, whole or chopped

Allowed/not allowed on a Dysphagia Soft Diet

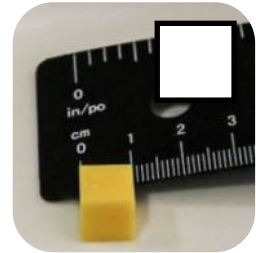
Foods Allowed	Foods Not Allowed
<p>Protein Foods (Meat & Alternatives)</p> <ul style="list-style-type: none"> • all cooked eggs or egg substitutes including omelets and quiche, made with allowed foods • soft moist tender meat or poultry, diced • canned fish with bones removed (canned salmon with mashed bones is allowed) • tender boneless fish that flakes easily • thinly shaved soft deli meats (roast beef, turkey, ham) • sandwiches with salad-type fillings (egg, chicken, tuna salad, minced sandwiches with finely minced salad-type fillings (egg, chicken, tuna salad, minced • tender mashable meats, made with allowed ingredients (casseroles, chili, lasagna, meatloaf, meatballs, shepherd's pie, or stew) • soft and mashable perogies, served with allowed condiments • stir-fry made with allowed ingredients • spaghetti sauces made with allowed ingredients • broth or cream soups made with allowed ingredients 	<ul style="list-style-type: none"> • hard fried eggs • bacon, bacon bits, or beef jerky • crispy or dry fish, meat, or poultry • casseroles, chili, or stews, made with ingredients not allowed • processed luncheon meats, sausages, or wieners with hard casings, such as garlic sausage, Kolbassa, or salami • hamburgers or wieners in a bun

Allowed/not allowed on a Dysphagia Soft Diet

Foods Allowed	Foods Not Allowed
<p>Desserts and Snacks</p> <ul style="list-style-type: none"> • ice cream, Popsicles®, sherbet, soy frozen desserts, or frozen yogurt • smooth custards, milk pudding, mousse, rice pudding, or tapioca pudding • soft, moist, or easy-to-break cookies (digestive biscuits) • soft baked desserts (cream or pumpkin pies, moist cakes) made with allowed foods • jellied desserts 	<ul style="list-style-type: none"> • baked desserts, custards, or puddings with chocolate chips, dried fruit, nuts, or seeds • crispy or hard dry desserts and snacks • chips, nachos, popcorn, or pretzels • hard candy, gum, licorice, or toffee
<p>Condiments and Sauces</p> <ul style="list-style-type: none"> • butter, soft margarine, mayonnaise, salad dressings, or sour cream • condiments that are smooth, or have small pieces such as BBQ sauce, horseradish, ketchup, mustard, or relish • finely ground herbs, seasonings, and spices, without hard seeds • gravies or sauces that are smooth such as cheese sauce, hollandaise sauce, or white sauce • soft, mashable jam and jelly, without seeds or hard pieces • sugar, syrup, or sugar substitute <p>Sticky foods, such as cream cheese, cheese spread, and honey are allowed if mixed into cooking or thinly spread on allowed foods. These foods are not to be eaten alone.</p>	<ul style="list-style-type: none"> • condiments with larger pieces (chutney, cranberry sauce, salsa with corn) • herbs, spices, and seasonings with hard seeds (coriander seeds, peppercorns) • jams or marmalades with fruit pieces larger than about 1 cm (½ inch) • olives or pickles, whole, sliced, or cut
<p>Drinks</p> <ul style="list-style-type: none"> • All drinks 	

Tips for preparing dysphagia soft food:

- The preparation method for Dysphagia Soft foods depends on the type of food being served.
- Some foods, such as meat, poultry, or fruit need to be diced to be a safe texture.
- Foods that need to be diced should be cut into pieces that are smaller than 1 cm (about ½ inch).
- Measure or portion out pieces before cutting to ensure they are the right portion size.



Foods can be chopped or mashed with a knife, pastry blender, potato masher, or fork:

- Cooked and mashable eggs or egg substitutes, peas, beans, or lentils are appropriate.
- Tender moist meat, poultry or organ meat must be prepared in one of the following ways:
 - Diced (for example, roast, Salisbury steak, hamburger patty, breaded pork cutlet, liver).
 - Fork tender, mashable meat (for example, Shepherd's pie, meatloaf, or meatballs)
 - Meat shaved and diced (½ inch/ 1 cm on longest side) or shaved paper thin (such as roast beef or ham) with a meat slicer or knife so that it looks like thinly sliced deli meat.
- Meat, poultry, and boneless fish should have added sauce/gravy to make it tender, soft, and moist.
- Vegetables must be cooked until soft. Most can be served 'as is' once they are cooked to a soft texture, however, some will need to be diced or minced after cooking. For example, cooked vegetables that are fibrous and stringy like green beans and broccoli should be minced. Lettuce, coleslaw, and leafy green vegetables may be served raw as long as they are finely shredded.
- Fruits that are canned, frozen, or fresh can be served as long as they are soft in texture. All fruits should be diced or mashed before serving.

Taste and appearance

- Offer a variety of colourful and appetizing foods.
- Use appropriate textured garnishes to add colour and appeal.
- Taste the food before serving it to make sure it is acceptable.
- Serve meals at the right temperature (hot foods should be served hot, cold foods should be served cold).

Snack ideas:

- Soft, moist muffin
- Ripe banana, diced or mashed
- Smooth yogurt or pudding
- Soft, cooked, canned, or ripe fruit, with skins removed, diced, or mashed
- Cottage cheese
- Soft crackers (such as soda crackers) with soft cubed cheese

For more information, see the handout [Dysphagia Soft Diet](#).

5.3.3 Minced

Description

A Minced diet is for residents who have trouble chewing or swallowing. This can happen for many reasons such as mouth pain, poorly fitting dentures, or missing teeth. Minced diets should follow the [Menu Planning Guidelines](#), in Section 2.2.

A Minced diet requires little chewing. Foods are moist and cohesive with no water separation. On a minced diet foods are finely chopped, grated, ground, or mashed to a size that is less than ½ cm (about ¼ inch). Some foods can be eaten whole such as soft, moist bread, buttered toast, or soft sandwiches with minced fillings.

Example of ½ cm (¼ inch) of minced food:

Some foods, such as cottage cheese, are naturally this texture and size.

Some foods need to be pureed to be safe on a Minced diet. Pureed foods are soft, moist, and smooth. They hold together and have the look and texture of a pudding or mousse. Pureed foods are not lumpy, thin, or runny.

Shown below are sample meals for a Minced diet:



Minced baked beans and wieners with mashed potato and minced peas



Baked fish with mashed potato and gravy, and minced green beans



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

For a [Sample Minced Menu Plan](#) see Appendix 5F.

Foods allowed/not allowed on a Minced diet

Most regular foods can be altered to fit into a Minced diet, but some foods do not mince well and need to be avoided. These foods include:

- Fruit with tough skins or hard seeds (for example, raspberries, or pineapple)
- Dry, crumbly, chewy breads (for example, bagels and dry muffins)
- Foods that are sticky and gummy (for example, toffee, licorice, or gum)

Some foods need to be pureed to be safe on a Minced diet (for example, kernel corn and stewed pitted prunes). Foods which do not require mincing and can be part of a minced diet include: soft breads, muffins, pancakes, or buttered toast.

Foods Allowed	Foods Not Allowed
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • smooth mashed potatoes, other minced potato side dishes (minced baked potato with no skin, minced potato salad) • canned cream corn without whole corn kernels • applesauce, fruit sauces, or tomato sauce • mashed ripe banana <p>Foods that need to be minced:</p> <ul style="list-style-type: none"> • soft cooked or canned vegetables • soft fresh, canned, or frozen fruits (kiwi, melons, strawberries) • jellied salad with minced vegetables and fruits <p>Foods that need to be pureed:</p> <ul style="list-style-type: none"> • soups with pieces of grains, meat, pasta, or vegetables • broccoli, cooked peas, or kernel corn • fresh fruit mixed into a smoothie • stewed pitted prunes 	<ul style="list-style-type: none"> • all raw vegetables and salads • cooked vegetables that are rubbery, not soft or don't mince well (Brussels sprouts, cabbage, celery, lima beans) • crispy dry French fries, crunchy hash browns, or potato skins • whole kernel corn • canned, frozen, or fresh fruits with tough membranes, skins, or hard seeds that don't mince well (citrus fruits, raspberries, whole grapes) • dried fruit (coconut, cranberries, raisins) • pineapple, all types

Allowed/not allowed on a Minced diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Grain Products</p> <ul style="list-style-type: none"> • cooked cereals (Cream of Wheat®, cornmeal, oat bran, oatmeal) • soft, moist bread, buttered toast, or buns • soft, moist baked items (biscuits, muffins) • French toast, pancakes, or waffles, served with applesauce or syrup to moisten • barley, couscous, rice, pureed or in a casserole • minced or bite-sized pasta (elbow macaroni, small shells), cooked until very soft and served in a sauce or casserole • bread pudding, or soft and moist bread stuffing, (without coconut, dried fruit, nuts, seeds, or any hard particles) • soda crackers softened, such as soda crackers in soup • soft cereal bars, such as Nutri-Grain® bars • ground flax seeds or wheat bran, stirred into cereals 	<ul style="list-style-type: none"> • all cold cereals • dry, crumbly, crusty, or chewy breads (bagels, bread sticks, crusty buns, dry muffins, French bread, tortillas) • cereals or grain products with chocolate chips, coconut, dried fruit, nuts, seeds, whole flax seed, or any hard ingredients • dry, loose barley, couscous, or rice (brown, fried, steamed, wild) • hard crackers, croutons, or rice cakes such as crisp bread or Melba toast • hard or chewy granola and granola bars • dry pizza crust, such as thin crust pizza
<p>Protein Foods (Milk and Alternatives)</p> <ul style="list-style-type: none"> • milk: plain or flavoured • buttermilk, milkshakes, or fortified soy beverages • smooth yogurt or fruit yogurt with small soft pieces of fruit • soft cheese, such as cottage cheese, processed cheese slices, or ricotta cheese • grated cheese or cheese used as an ingredient in any allowed foods 	<ul style="list-style-type: none"> • yogurt with hard fruit pieces, granola, nuts, or seeds • hard cheese, sliced or cubed • crispy melted stringy cheese topping (for example, on top of casserole)

Allowed/not allowed on a Minced diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Protein Foods (Meat and Alternatives)</p> <ul style="list-style-type: none"> • minced or mashed, soft tofu/soy protein • minced or mashed, beans, lentils, peas, or dishes made with allowed ingredients (minced bean salad) • smooth nut butters mixed into allowed foods (peanut butter smoothie) • cooked scrambled eggs or egg substitutes • minced or finely mashed, hard cooked, or poached eggs, omelets, or quiche • minced, moist meat or poultry with smooth sauces or gravy • minced, tender boneless flaked fish, served with sauces or gravy to moisten • minced, canned fish with bones removed (canned salmon with mashed bones is allowed) • sandwiches with salad-type or finely minced fillings on regular moist bread without lettuce or raw vegetables • meat entrees, made from meat that easily breaks apart (meatballs, meatloaf, shepherd's pie) • minced, processed meats (deli-style meats, luncheon meats, sausages, and wieners without the casing) 	<ul style="list-style-type: none"> • nut butters, smooth or crunchy spread on foods • nuts or seeds in any form (except smooth nut butters as an ingredient in allowed foods) • dry or tough meat or poultry (bacon, beef jerky) • breaded, battered, or deep-fried fish, meat, or poultry, even if minced • canned fish that contains bones • meat in casings (sausages, wieners, garlic sausage), even if minced • hamburgers or wieners in a bun
<p>Desserts and Snacks</p> <ul style="list-style-type: none"> • ice cream, Popsicles®, sherbet, soy frozen desserts, or frozen yogurt • smooth custards, milk pudding, mousse, rice pudding, or tapioca pudding • soft baked desserts (cream or pumpkin pies, moist cakes) made with allowed foods • soft, moist, or easy to break cookies (digestive biscuits) • jellied desserts 	<ul style="list-style-type: none"> • custards or puddings with large pieces of dried fruit, nuts, or seeds • hard cookies or other baked desserts with chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, or seeds • desserts with crispy, dry, or hard crusts • chips, nachos, popcorn, or pretzels

Allowed/not allowed on a Minced diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Condiments and Sauces</p> <ul style="list-style-type: none"> • butter, soft margarine, mayonnaise, salad dressings, sour cream, or vegetable oils • condiments that are smooth or have small pieces, such as BBQ sauce, horseradish, ketchup, mustard, or relish • creamers or whipping cream • smooth gravies or sauces, such as cheese sauce, hollandaise, or white sauce • cream cheese or processed cheese spreads, added to or thinly spread on allowed foods • smooth honey, jam, jelly, or syrup, added to or thinly spread on allowed foods • all sugars and sugar substitutes 	<ul style="list-style-type: none"> • sauces with larger pieces, such as chutney, cranberry sauce, or salsa • gravies, sauces, or spreads with hard particles or seeds • jams with seeds or marmalades with large pieces of fruit • olives or pickles
<p>Drinks</p> <ul style="list-style-type: none"> • All drinks 	

Steps for preparing minced food

1. Before mincing food, drain liquid from food portions to be minced, such as canned fruit. This will help avoid liquid separation.
2. Weigh or measure the number of portions required. Chop or dice larger pieces of food before mincing.
3. Process foods until uniform in size and texture.
 - a. Some foods may be soft enough to mince with a fork, pastry blender, or potato masher.
 - b. Mince harder foods or small amounts of food using a blender, mini chopper, or a food processor.
 - c. For larger amounts of food, use a large institutional meat grinder or food processor
4. Add liquid to get the right consistency.
 - a. Use hot liquids for hot foods and cold liquids for cold foods. This helps to keep safe food temperatures during preparation.

- b. Do not use water. Use cooking liquids, gravy, milk, juice, melted margarine, or sauces to enhance colour, flavour, and the nutrient value of the food.
 - c. When mincing food, add 1 Tbsp/ 15 mL of liquid at a time until it looks smooth and moist. Foods should be moist but should not have liquid separation.
5. Add spices to enhance flavour.
 6. The finished product should be uniform in size and texture. Food that are minced should be less than ½ cm (about ¼ inch)
 7. Take care not to over process food or it will end up pureed.

Tips for mincing vegetables and fruits:

1. Drain vegetables or fruits before mincing.
2. Cut into small cubes or pieces.
3. Chop or mash until you have small pieces that are the same size.

Tips for mincing meats:

1. Cut meats into small cubes or pieces.
2. Use a mini chopper, blender, or food processor, if needed.
3. Chop or mash until you have small pieces that are the same size.
4. You may need to add extra liquid to make your minced meat moist.
5. Add 1 Tbsp (15 mL) of liquid at a time.
6. Liquids such as broth, melted butter, gravy, sauces, or soft margarine may be used.

Commercial products

Commercial minced products are also available through various suppliers. Use of these products can help ensure consistency in products, nutrition, and safety. For further information on these products, ask a dietitian.

Taste and appearance

- Be positive when serving minced foods to the resident. This will help the resident accept and eat the food being served.
- Offer a variety of colourful and appetizing food.
- Offer each food item separately on the plate, without mixing or blending them together, to enhance the look and taste.
- Use appropriate textured garnishes that add colour and appeal.
- Taste the food before serving it to make sure it tastes good.
- Serve meals at the right temperature (hot foods should be served hot, cold foods should be served cold).

Snack ideas:

- Minced canned fruit
- Smooth yogurt or pudding
- Sandwiches with minced filling
- Soft cereal bars
- Banana loaf



For more information, see the handout [Minced Diet](#).

5.3.4 Pureed

Description

A Pureed diet is needed for residents who have trouble chewing or swallowing. This can happen for many reasons such as mouth pain, poorly fitting dentures, or missing teeth. A Pureed diet must provide a variety of foods from the food groups in [Canada's Food Guide](#) and should follow the [Menu Planning Guidelines](#), in Section 2.2.

Pureed foods are soft, moist, and cohesive with no water separation. Foods have the look and texture of a pudding or mousse and hold their shape when mounded on a spoon. There should be no lumps or visible particles. Pureed foods should not be thin or runny. Liquids and solids should not separate.

Shown below are sample meals for a Pureed diet:



Pureed roast beef with
mashed potato and
carrot puree



Pureed roast beef with
mashed potato and
pureed peas

For a [Sample Pureed Menu Plan](#) see Appendix 5G.

Foods allowed/not allowed on a Pureed diet

Most foods can be altered to fit into a Pureed diet, but some foods do not puree well and should be avoided. These foods include:

- 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, 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.

See the table below for a list of foods allowed/not allowed on a Pureed diet

Foods Allowed	Foods Not Allowed
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • pureed, soft cooked vegetables such as broccoli, celery, and green beans; strain before eating if there are pieces of skin or small seeds • pureed, canned or frozen vegetables and fruits; strain before eating if there are pieces of skin or small seeds • smooth mashed potatoes or squash • baby food (pureed vegetables or fruits) • applesauce or other fruit sauces • pureed, soft skinless fruit (ripe bananas) • pureed fruit, such as blueberries and strawberries; strain before eating if there are pieces of skin or small seeds • pureed, stewed pitted prunes 	<ul style="list-style-type: none"> • all raw vegetables and salads • vegetables and fruits with membranes, skins, hulls, or seeds that do not puree well (blackberries, corn, raspberries, whole grapes) • all forms of pineapple • dried fruit (coconut, cranberries, raisins)

Allowed/not allowed on a Pureed diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Grain Products</p> <ul style="list-style-type: none"> • cooked cereals (cornmeal, Cream of Wheat®, oat bran, oatmeal) • infant cereal • pureed bread products (bread, buns, toast) • pureed baked items (biscuits, muffins, loaves, polenta) • pureed French toast, pancakes, or waffles • pureed barley, couscous, pasta, or rice • pureed bread pudding or rice pudding • pureed bread stuffing • slurried crackers, muffins, pancakes, waffles 	<ul style="list-style-type: none"> • cooked cereals containing seeds, whole flax seeds, or any hard food pieces (Red River®, Sunny Boy®) • cold cereals • grain products containing any hard food pieces, such as chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, or seeds • dry loose rice (brown, fried, steamed, wild)
<p>Protein Foods (Milk and Alternatives)</p> <ul style="list-style-type: none"> • milk: plain or flavoured • buttermilk, milkshakes, or fortified soy beverages • smooth yogurt without fruit pieces, such as vanilla • melted or pureed cheese as an ingredient in any allowed foods, pureed cottage cheese • pureed tofu/soy protein • pureed, soft cooked beans, lentils, peas, or dishes made with allowed ingredients • smooth nut butters mixed into allowed foods (peanut butter smoothie) • pureed, cooked eggs, egg products, or egg substitutes • pureed, moist fish (boneless), meat, poultry, or organ meats • commercial baby food (strained fish, meat, or poultry) • pureed sandwiches, blended or pureed soups • pureed deli meats, sausages, and wieners (without the casing) 	<ul style="list-style-type: none"> • yogurt containing fruit pieces, dried fruit, granola, nuts, rice, seeds, or any other hard food pieces • crispy melted stringy cheese topping (for example, on top of casserole) • crunchy nut butters • all nuts or seeds in any form • breaded, battered, fried fish, meats, or poultry, even if pureed • fish containing bones, even if pureed • bacon and bacon bits • meat in casings (garlic sausage, sausages, wieners), even if pureed

Allowed/not allowed on a Pureed diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Desserts and Snacks</p> <ul style="list-style-type: none"> ice cream, Popsicles®, sherbet, soy frozen desserts, or frozen yogurt, with allowed foods (if Thick Fluids not required) smooth custards, puddings, or pureed rice pudding pureed baked products (pureed cakes, cookies, muffins, or pies) jellied desserts (if Thick Fluids not required) 	<ul style="list-style-type: none"> baked products not pureed, or pureed baked products containing chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, seeds, or any hard food pieces candy, chocolates, gum, licorice, or toffee popcorn twists, or pretzels
<p>Condiments and Sauces</p> <ul style="list-style-type: none"> butter, soft margarine, mayonnaise, salad dressings, sour cream, or vegetable oils smooth condiments (BBQ sauce, cranberry jelly, ketchup, mustard, soy sauce) finely ground seasonings, herbs, or spices creamers or whipping cream smooth gravies or sauces, such as cheese sauce, hollandaise sauce, or white sauce spreads such as cream cheese or cheese spreads added to allowed foods honey, jelly, or syrup added to allowed foods all sugars and sugar substitutes 	<ul style="list-style-type: none"> chunky condiments (chili sauce, chutney, cranberry sauce, horseradish, relish, salsa, tartar sauce) herbs, spices, and seasonings with hard seeds (coriander seeds, whole peppercorns) gravies, sauces, or spreads with hard particles or seeds jams or marmalades olives or pickles
<p>Drinks</p> <ul style="list-style-type: none"> All drinks 	

Steps for preparing pureed food

1. Weigh or measure the number of portions needed. If making more than 10 servings, add 1 extra serving for every 10 servings. Some food can be lost in the preparation process.
2. Drain canned foods, such as beans, lentils, vegetables, and fruits before pureeing
3. Cut into small pieces, if needed.
4. Process foods fine and smooth in texture.
 - a. Puree small amounts of food using a mini chopper, food processor, or blender.
 - b. Use an institutional mixer or food processor for larger amounts of food.
5. Once food is pureed, add liquid until food looks smooth and moist, like a pudding or mousse.
 - a. Use hot liquids for hot foods and cold liquids for cold foods. This helps keep safe food temperatures during preparation.
 - b. Instead of water try to use liquids such as broth, melted butter, gravy, juice, soft margarine, milk, and sauce, to puree your foods to enhance colour, flavour, and the nutrition content of the food
 - c. If you need extra liquid to make your food smooth and moist, add 1 Tbsp (15 mL) of liquid at a time. This helps to avoid adding too much liquid which could result the food becoming runny.
 - d. Blend together until smooth and moist, like a pudding or mousse consistency.

If the pureed food is too thin:

1. Add more of the food being pureed or commercial thickener to thicken to the right consistency.
2. Puree your food again.
3. If pureed food is still too thin, repeat the steps above.

The pureed food should be smooth without any lumps or stringy bits. There must be no visible particles. Use a strainer to remove any skins or seeds, if needed. Oatmeal is the only exception to this –it is consistent in texture and is appropriate on a pureed diet.

- Test consistency. Ensure that the solid pureed food is thick enough to spoon up a minimum of about 1 ½ to 2 tsp (8–10 mL) onto a teaspoon. Some liquids such as pureed soups may be thinner.

Commercial products

Commercial pureed products are available through various suppliers. Use of these products can help ensure consistency in products, nutrition, and safety. Compare the nutrition facts table on these products to choose one that meets the needs of residents. For further information on these products, ask a dietitian.

Taste and appearance:

1. Present a positive view of pureed foods to the resident. This will help the resident accept and eat the food being served.
2. Offer a variety of colourful and appetizing foods.
3. Use garnishes that are the appropriate texture to add colour and appeal.
4. Avoid mixing pureed foods together. Using food molds to keep pureed foods separated can make the food look more palatable and appealing to the residents.
5. Taste the food before serving it to make sure it tastes good.
6. Serve meals at the right temperature (hot foods should be served hot, cold foods should be served cold).

Snack ideas:

- Muffin, pureed
- Blended bread pudding
- Soft cooked or canned fruit, pureed
- Ripe banana, pureed
- Smooth yogurt or pudding



Nutrition tips:

- Residents on a pureed diet may eat less food and therefore not consume enough calories and protein. This can lead to poor nutrition status. Snacks may need to be encouraged. Offer high protein high calorie snacks.
- High protein high calorie foods can also be provided to a resident based on needs.
- Drinks such as water, coffee, and tea are important to provide enough fluids, but contain no calories or nutrients. Offer high protein high calorie drinks as well. For example, homogenized (3.25% M.F.) milk. Refer to [High Protein High Calorie](#) ideas in Section 4.4 for more information.

For more information, see the handout [Pureed Diet](#).

5.3.5 Cut/Diced

Description

A Cut/Diced diet is not meant for those with chewing or swallowing problems. A Regular diet or an Easy to Chew diet can be modified to include Cut/Diced. The Cut/Diced diet must provide a variety of foods from the food groups in [Canada's food guide](#) and follow the [Menu Planning Guidelines](#), in Section 2.2.

Foods on a Cut/Diced diet are bite-sized pieces or pieces that can be picked up easily to promote self-feeding. This is helpful for individuals who eat with one hand or have trouble cutting food.

Shown below are sample meals for a Cut/Diced diet:



Diced turkey schnitzel
with mashed potato and
canned green beans



Chicken à la king with
mashed potato and
diced carrots



Diced chicken breast with
mashed potato and gravy
and green peas

Foods allowed/not allowed on an Easy to Chew diet

All foods are allowed on a Cut/Diced diet, as long as the food is in bite sized pieces and meets the primary texture modification (Regular or Easy to Chew).

For a list of snack ideas and a sample meal plan for Easy to Chew and Cut/Diced, refer to the *Easy to Chew* diet Section.

Foods allowed include soft foods that are easy to chew. Foods not allowed are dry, crispy, or hard foods; foods with long or stringy pieces and foods with tough skins. See the table which follows for foods allowed and not allowed on an easy to chew diet.

Foods Allowed	Foods Not Allowed
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • soft cooked, canned, fresh, or frozen vegetables • soft raw vegetables (ripe avocado, cucumbers, mushrooms, tomatoes, zucchini) • finely shredded salads (coleslaw, leafy greens, lettuce) • applesauce, fruit cups, or fruit sauces • soft ripe fresh, canned, or frozen fruits (bananas, berries, seedless grapes, kiwi, melons, pears, strawberries, seedless watermelon) • crushed or cooked pineapple 	<ul style="list-style-type: none"> • hard raw vegetables (carrots, celery) • salads that are not shredded (Caesar, spinach, tossed) • crispy dry French fries, hash browns, or potato skins • hard fresh fruit (whole apple with skin) • uncooked dried fruit
<p>Grain Foods</p> <ul style="list-style-type: none"> • cooked cereals (Cream of Wheat®, oat bran, oatmeal, Sunny Boy®) • cold cereals that soften in milk (bran flakes, corn flakes, rice crisps) • soft bread products (biscuits, bread stuffing, buns, buttered toast, muffins) • bread with small seeds (flax bread) • French toast, pancakes, or waffles, served with applesauce or syrup to moisten • soft cooked barley, couscous, pasta, or rice • soft crackers, such as soda crackers • soft cereal bars, such as Nutri-Grain® bars • ground flax seed or wheat bran stirred into cereals 	<ul style="list-style-type: none"> • dry, crusty, or chewy breads (bagels, bread sticks, crusty buns, French bread, pitas, dry muffins) • hard crackers and granola bars • dry pizza crust, such as thin crust pizza

Allowed/not allowed on an Easy to Chew diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Protein Foods (Milk and Alternatives)</p> <ul style="list-style-type: none"> • milk: plain or flavoured • buttermilk, milkshakes, or fortified soy beverages • yogurt • cottage cheese, cheddar, processed cheese slices, or ricotta cheese • diced, cubed, or grated cheese, or cheese as an ingredient in any allowed foods 	<ul style="list-style-type: none"> • custards, puddings, or yogurt with dried fruit, granola, nuts, or seeds • crispy melted stringy cheese topping (for example, on top of casserole)
<p>Protein Foods (Meat and Alternatives)</p> <ul style="list-style-type: none"> • soft tofu/soy protein • soft cooked beans, lentils, peas, or soft dishes made with allowed ingredients (soft bean salad) • smooth nut butters spread on allowed foods or made into a smoothie • all cooked eggs or egg substitutes, including omelets and quiche with allowed ingredients • soft moist tender meat or poultry (hamburger patty, breaded pork cutlet, roast, Salisbury steak) • canned fish with bones removed (canned salmon with mashed bones is allowed) • tender boneless moist fish that flakes easily • minced meat, made with allowed ingredients (casseroles, chili, lasagna, meatloaf, meatballs, shepherd's pie, or stew) • sandwiches with salad-type or minced fillings, shaved or sliced meat, cheese, or shredded vegetables (shredded lettuce) • sausages and wieners with soft casings, processed meats (deli-style or luncheon meats) • plain single patty, moist cheeseburgers, or hamburgers with a bun • all soups made with allowed ingredients 	<ul style="list-style-type: none"> • crunchy nut butters • nuts and seeds, whole or chopped • bacon, bacon bits, or beef jerky • crispy or fried fish, meat, poultry, or organ meat • sausages or wieners with hard casing, such as garlic sausage or Kolbassa

Allowed/not allowed on an Easy to Chew diet (Continued)

Foods Allowed	Foods Not Allowed
<p>Desserts and Snacks</p> <ul style="list-style-type: none"> • ice cream, Popsicles®, sherbet, soy frozen desserts, or frozen yogurt • custards, milk puddings, or mousse • soft or easy to break cookies (digestive biscuits) • soft baked desserts (cream or pumpkin pies, moist cakes) • jellied desserts 	<ul style="list-style-type: none"> • hard cookies or desserts with nuts or seeds • candy, gum, licorice, or toffee
<p>Condiments and Sauces</p> <ul style="list-style-type: none"> • condiments that are smooth or have small pieces, such as BBQ sauce, horseradish, ketchup, mustard, or relish • smooth gravies or sauces, such as cheese sauce, hollandaise sauce, or white sauce • sliced or cut pickles (beets, dill), pitted olives 	<ul style="list-style-type: none"> • herbs, spices, and seasonings with hard seeds, such as coriander seeds or peppercorn • spreads, gravies, or sauces that have large hard pieces • whole hard pickles, pickled onions, or olives with pits
<p>Drinks</p> <ul style="list-style-type: none"> • All drinks 	

Tip for preparing cut/diced foods:

Cut food into bite-sized pieces, or into finger foods that can easily be picked up.

- Fruit and vegetables should be peeled and sectioned, mashed, cut, or diced.
- Toast or bread should be cut in half.
- All meat, poultry, or fish, should be prepared in one of the following ways:
 - cut/diced (for example, roast, Salisbury steak, hamburger patty, breaded meat, poultry, or fish).
 - fork tender (for example, minced meats such as meatballs or Shepherd's pie).
 - meats shaved to paper thin.
- Sandwiches, hamburgers, or hotdogs should be cut in halves or quarters.

Taste and appearance:

- Offer a variety of colourful and appetizing foods.
- Use garnishes to add colour and appeal.
- Taste food before serving it to make sure it is acceptable.
- Serve meals at the correct temperature (hot foods should be served hot, cold foods should be served cold).

5.3.6 Mixed Consistency Foods

Description

A food with mixed consistency has both thin fluid and solid foods together in one bite. Some people may not be able to eat foods with a mixed consistency in one mouthful due to swallowing difficulty (dysphagia). In these instances, mixed consistency foods should be removed from the diet. The No Mixed Consistencies diet must provide a variety of foods from [Canada's food guide](#) and should follow the [Menu Planning Guidelines](#), in Section 2.2.

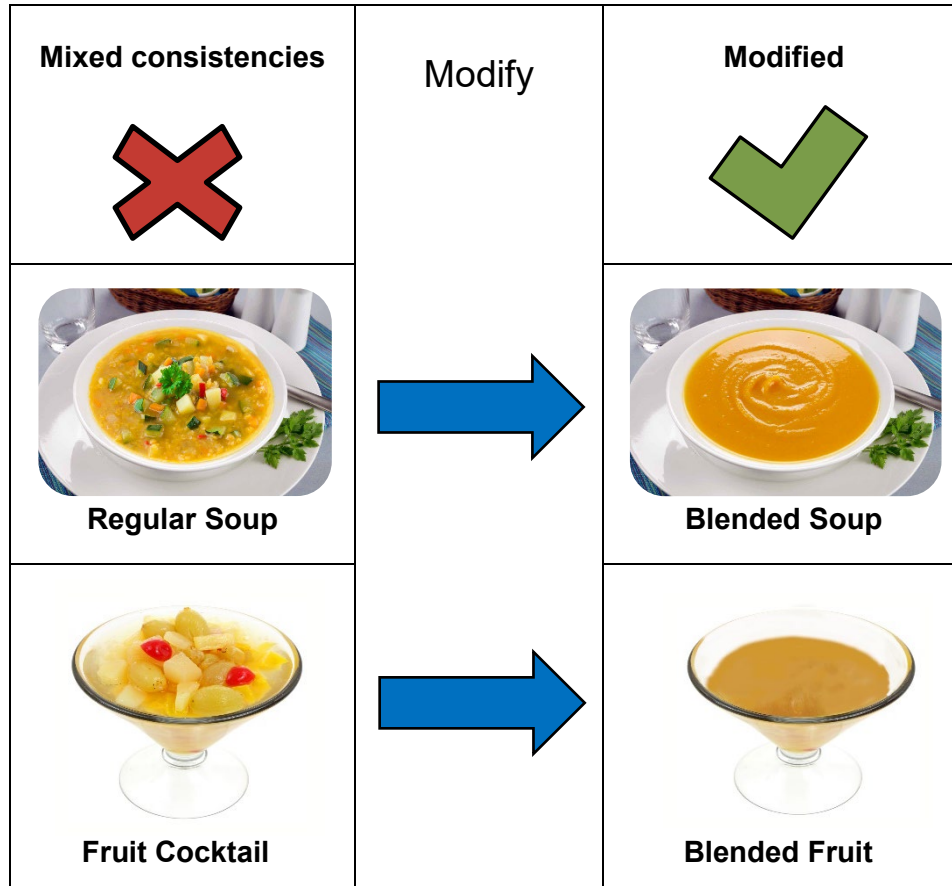
Mixed consistency food examples include cold cereal with milk, soup with pieces of vegetables, noodles or meat, and canned fruit with juice. This also refers to foods when chewed, release water, which is a thin fluid (for example, watermelon and cherry tomatoes).

Frozen yogurt, ice cream, soy frozen desserts, sherbet, and Popsicles® containing hard particles such as dried fruit, nuts, or granola become a thin fluid with solids once the frozen fluid has melted. These are mixed consistencies and should be avoided with a No Mixed Consistencies diet modification.

Foods allowed/not allowed on a No Mixed Consistencies modification

Foods Allowed	Foods Not Allowed
<p>Vegetables and Fruits</p> <ul style="list-style-type: none"> • Pureed stewed tomatoes, sliced tomatoes • Creamed corn 	<ul style="list-style-type: none"> • Whole, diced or mashed, stewed or baked tomatoes, whole cherry tomatoes • Green or wax beans • All canned fruit, even if drained • Grapes, watermelon, oranges (navel, canned or fresh mandarins) • Stewed fruit • Fruit in jellied desserts
<p>Grain Products</p> <ul style="list-style-type: none"> • Hot cereals 	<ul style="list-style-type: none"> • Crackers, Melba toast, or rice cakes when added to soup • All cold cereal with added milk or other thin liquid added
<p>Protein Foods (Milk and Alternatives)</p> <ul style="list-style-type: none"> • Yogurt, milk pudding or custard that is smooth or contains soft fruit pieces • Milk pudding including rice pudding with or without raisins, custard 	<ul style="list-style-type: none"> • Yogurt or sherbet containing dried fruit, nuts, granola, seeds, or any other hard particles
<p>Mixed Dishes and Condiments</p> <ul style="list-style-type: none"> • Pureed soups • Less than 2 Tbsp/ 30 mL of gravy pooling around the food • Frozen yogurt, ice cream, soy frozen desserts, sherbet, or popsicles that are smooth 	<ul style="list-style-type: none"> • All unblended soups (soups with pieces of solid food such as grains, meat, pasta, or vegetables) • Soups with crackers • More than 2 Tbsp/ 30 mL of gravy pooling around the food • Jellied desserts with fruit • Frozen yogurt, ice cream, soy frozen desserts, sherbet, or popsicles that contain hard particles such as candy, dried fruit, nuts, or granola
<p>Drinks</p> <ul style="list-style-type: none"> • Most drinks, except those listed as not allowed 	<ul style="list-style-type: none"> • Drinks with firm fruit chunks or ice cubes, (for example, milkshakes with fruit)

Examples of mixed consistencies and how they can be modified are shown below:



Tips:

- Serve smooth cooked cereal, instead of cold cereal with milk.
- Blend or strain soups until smooth. Some soups may need to be thickened to the right consistency.
- Don't add or serve crackers with soup.
- Gravy or sauces may need to be thickened.

Menu planning for Texture Modified diets with No Mixed Consistencies will depend on the primary texture modification ordered. For example, a patient who needs Dysphagia Soft and No Mixed Consistencies modification, will have a much different menu than a patient needing Minced and No Mixed Consistencies modification

Refer to the primary texture modification ordered for a list of snack ideas and a sample meal plan.

Don't provide pills with thin fluids.

If a resident takes pills or fluid medicines, talk to the doctor, pharmacist, or the healthcare team about how to take these safely.

5.3.7 Pureed Bread products

Description

A change from regular bread products to pureed bread products may be needed for some people who have trouble chewing or swallowing. This can happen for many reasons such as mouth pain, poorly fitting dentures, or missing teeth. Some people with swallowing problems can eat bread products only if they are pureed.

Pureed bread products are:

- moist, smooth, and cohesive with no water separation
- the texture or consistency of a pudding or mousse
- are not lumpy, thin, or runny

Bread products include all breads, muffins, crackers, sandwiches, pancakes, cookies, cakes, and bread pudding.

Examples of pureed bread products:



Pureed bread



Pureed waffle



Oatmeal

Foods allowed/not allowed for Pureed Bread products.

Foods Allowed	Foods Not Allowed
<p>Grain Products</p> <ul style="list-style-type: none"> • cooked cereals (cornmeal, Cream of Wheat®, oat bran, oatmeal) • infant cereal • pureed bread products (bread, buns, toast) • pureed baked items (biscuits, loaves, muffins, polenta) • pureed French toast, pancakes, or waffles • pureed bread pudding or bread stuffing without dried fruit, nuts, seeds, or any hard food pieces • slurried crackers, muffins, pancakes, or waffles (see <i>How to make a slurry mix</i> on the next page) • pureed sandwiches with allowed ingredients 	<ul style="list-style-type: none"> • grain products containing chocolate chips, dried fruit (coconut, cranberries, raisins), nuts, seeds, or any hard food pieces
<p>Drinks</p> <ul style="list-style-type: none"> • All drinks allowed depending on the diet texture and fluid order 	

Steps for preparing pureed bread products

Pureed bread products can be made by either pureeing or by making a slurry.

Pureeing

Pureed bread products are solid foods blended with a liquid until smooth.

1. Use a mini chopper, blender, or food processor, to puree all foods.
2. Take $\frac{1}{2}$ –1 cup (125–250 mL) of a bread product and break into small pieces if needed.
3. Add 1 Tbsp (15 mL) of liquid. Liquids such as as broth, melted butter, gravy, juice, soft margarine, milk, sauce, and may be used to puree your foods.
4. Blend together until smooth and moist like a pudding or mousse.

If the pureed food is too thick:

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

If the pureed food is too thin:

1. Add more of the food being pureed or a commercial thickener to thicken.
2. Puree your food again after.
3. If pureed food is still too thin, repeat the steps above.

Slurries

An idea to make bread products the right texture.

What is a bread product slurry?

A bread product slurry is made from liquid and a commercial thickener. It is used to soak a bread product (such as bread, cookies, muffins, or pancakes) to help soften the food to the right texture. Bread product slurries feel like pudding in the mouth.

Below are some recipes to try:

Preparing Slurries

Below is a recipe for a Slurry Mix, followed by two recipes that show how to use the mix.

Slurry Mix:

Ingredients:

1 Tbsp	Commercial thickener	15 mL
½ cup	Milk, 1% M.F., heated	125 mL

Directions:

1. Mix commercial thickener with hot milk and stir until smooth.

Makes 1 serving (½ cup/ 125 mL)

Nutrition information per serving: 66 calories, 1g fat (0.8 g saturated fat, 0 g trans-fat), 63 mg sodium, 10 g carbohydrate, 4 g protein, 145 mg calcium.

Note: A higher fat milk (homo milk 3.25% M.F.), cream, or nutrition supplement drink such as Ensure® or Boost® may be used for individuals who require extra calories.

Slurry Cookies:

Ingredients:

¼ cup	Slurry mix (see above)	60 mL
2 each	Digestive cookies	2 each

Directions:

1. Place two digestive cookies in a dish.
2. Cover with slurry mix. Let stand until soft, and then serve.

Makes 1 serving (2 cookies)

Nutrition information per serving: 119 calories, 4 g fat, (1.7 g saturated fat, 0 g trans-fat), 116 mg sodium, 17 g carbohydrate, 3 g protein, 73 mg calcium.

Slurry Pancake:

Ingredients:

½ cup	Slurry mix (see above)	125 mL
1 each	Pancake, frozen	1 each

Directions:

1. Place pancake in a dish and add slurry mix. Spread evenly and cover. Put in the refrigerator overnight to let the pancake absorb the slurry mix.
2. Warm in a microwave, oven, or toaster oven. Remove, and serve with applesauce, jelly, or syrup.

Makes 1 serving (1 pancake)

Nutrition information per serving: 152 calories, 5 g fat (1.6 g saturated fat, 0 g trans-fat), 230 mg sodium, 21 g carbohydrate, 6 g protein, 226 mg calcium.

Commercial pureed bread products

Commercial pureed bread products are available through many suppliers. Using these products will help ensure consistency in products, nutrition, and safety.

Planning menus with pureed bread products

Menu planning for Texture Modified diets with pureed bread products will depend on the primary texture diet ordered. For example, a resident on Dysphagia Soft diet with pureed bread products will have a different menu than a resident on Easy to Chew diet with pureed bread products. Refer to the primary texture modification for a list of snack ideas and a sample meal plan.

For more information, see the handout [Pureed Bread Products](#).

5.3.8 Thick Fluids (Adult)

Thick fluids may be needed for residents with feeding and/or swallowing difficulties to safely manage taking fluids by mouth. Thick fluids can be controlled in the mouth and swallowed more safely. This reduces the risk of the fluid going down the wrong way, into the lungs.

A fluid is any liquid such as water, juice, milk, coffee, or tea. Thin fluids need to be thickened. You can thicken fluids with a commercial thickener.

A fluid can also be a food that melts at body temperature, such as jellied desserts, Popsicles[®], ice cream, or sherbet. These fluids **can't** be thickened.

Examples of thin fluids to avoid:

- au jus
- broth
- buttermilk
- coffee, tea
- eggnog
- frozen yogurt, and frozen soy desserts
- fruit drinks, pop, sports drinks, and slushy drinks
- fruit or vegetable juices (except some brands of tomato juice)
- gravy and sauces (thickness may vary)
- ice
- ice cream, Popsicles[®], sherbet
- jellied desserts such as Jell-O[®]
- liquid medicines
- milk, table cream, 10–36% milk fat (M.F.)
- milkshake, smoothies
- nutrition supplement drinks such as Boost[®] or Ensure[®]
- spirits, wine, beer, and other alcoholic drinks
- soup, strained or blended
- syrup
- water

Types of thick fluids

There are 3 types of thick fluid consistencies:

- Mildly Thick fluids (Nectar)
- Moderately Thick fluids (Honey)
- Extremely Thick fluids (pudding)

Below is a description of how fluids look when thickened to the 3 different thick fluid levels:



Mildly Thick fluids (Nectar)

- Fluid runs freely off the spoon but leaves a thin coating on the spoon
- Fluids pour like most types of fruit nectar



Moderately Thick fluids (Honey)

- Fluid slowly drips in dollops off the end of the spoon
- Pours slowly, like liquid honey



Extremely Thick fluids (Pudding)

- Extremely thick
- Fluid sits on the spoon, and does not flow off
- Fluids are as thick as pudding

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Foods allowed on the 3 different thick fluid consistencies

* Smooth yogurt available in the grocery store may vary in thickness from Mildly Thick (Nectar) to Extremely Thick (Pudding) depending on the brand and type.

Mildly Thick fluids (Nectar)

- Some brands of tomato juice such as Heinz®
- Fruit nectar (such as prune nectar)
- *Yogurt that is smooth or contains soft fruit pieces (plain or flavoured) at a Mildly Thick (Nectar) consistency
- Pureed or strained soup thickened to Mildly Thick (Nectar) consistency
- Fluids thickened to Mildly Thick (Nectar) consistency

Moderately Thick fluids (Honey)

- Liquid honey
- *Yogurt that is smooth like a custard with soft fruit pieces (plain or flavoured) at a Moderately Thick (Honey) consistency
- Pureed or strained soup thickened to Moderately Thick (Honey) consistency
- Fluids thickened to a Moderately Thick (Honey) consistency

Extremely Thick fluids (Pudding)

- *Yogurt that is smooth with soft fruit pieces (plain or flavoured) at an Extremely Thick (Pudding) consistency
- Smooth cooked cereal, prepared according to package directions to Extremely Thick (Pudding) consistency
- Pureed or strained soup thickened to Extremely Thick (Pudding) consistency
- Fluids thickened to an Extremely Thick (Pudding) consistency

Tips for Thick Fluids:

- Smooth yogurt available in the grocery store may vary in thickness from Mildly Thick (Nectar) to Extremely Thick (Pudding) depending on the brand and type. Smooth yogurt consistency should not be changed by adding thickener.
- Small amounts of thin milk or cream (1 ½–2 tsp/ 8–10 mL) and/or sugar can be added to already thickened beverages such as coffee and tea without changing the consistency.
- Gravies, sauces, and syrups do not need to be thickened if served in standard portions on top of the food item (for example, on top of the mashed potatoes). If these items are “pooling” on the plate or are served on the side, they will need to be thickened to the proper consistency.

Steps for preparing Thick Fluids

1. Portion the amount of fluid and sprinkle the required amount of powder or gel thickener on top and mix briskly until dissolved.
2. Always follow the directions on the commercial thickener container to thicken the fluids correctly. Different fluids will need different amounts of thickener.
3. Some commercial thickeners take longer to thicken. Allow the thickened product to sit for the amount of time provided in the directions to ensure the fluid is thickened to the right consistency before adding more thickener.
4. Some thickeners turn lumpy when added to hot fluids, so you may need to add it into cold liquid before you heat it up.
5. When making large amounts of thick fluids, you can use a blender or food processor to blend the liquid and thickener together. Mix well after blending to break up air bubbles.
6. Thick fluids may be made and stored in the refrigerator for up to 24 hours. Stir well and check if the thick fluid is still the right consistency before using.
7. Always test the thickness to match the description.

Commercial thickeners and pre-thickened beverages

- Commercial thickeners are products that can be added to a fluid to thicken it up to a desired and safe consistency: Mildly Thick fluids (Nectar), Moderately Thick fluids (Honey), or Extremely Thick fluids (Pudding). There are both powder and gel forms. These are made from a starch or gel which acts as a thickening agent.
- Pre-thickened beverages such as water, juice, milk, and coffee can be purchased from local pharmacies or food suppliers. Using these products will help ensure consistency in products, nutrition and safety.
- Different fluids will need different amounts of commercial thickener. Always follow the directions on the commercial thickener container to thicken your fluids to the right type.
- The following can have an effect on the amount of commercial thickener needed to thicken your fluids:
 - temperature (hot fluids versus cold fluids)
 - acidity level (cranberry juice versus apple juice)
 - fluid type (alcohol and colas—these bubble and may not thicken)

Don't provide pills with thin fluids.

If a resident takes pills or fluid medicines, talk to the doctor, pharmacist, or the healthcare team about how to take these safely.

Fluid needs

Residents must be provided with at least 6–8 cups (1500–2000 mL) of thick fluids each day such as water, milk, and 100% juice to meet fluid needs and to prevent dehydration.

Refer to the [Hydration](#) Section 9 of this toolkit for more information on meeting fluid needs and preventing dehydration.

For more information, see the handout [Thick Fluids \(Adult\)](#).

Education and resources

It is important that food service staff are aware of the foods and fluids appropriate for various special diets and how much to serve. The following tools may be useful:

- The [Texture Modified Diet](#) poster in Appendix 5A and the [Thick Fluids](#) poster in Appendix 5B can be used as a quick reference for production staff on appropriate food and fluid choices.
- The [Texture Modified Diet Overview, Dysphagia and Feeding Overview, and Thick Fluids Overview](#) presentations can be found in Appendix 5C.

A dietitian can provide staff with more education on special diets.

References

1. The International Dysphagia Diet Standardisation Initiative, (IDDSI). What is the IDDSI framework? – IDDSI. 2016; [Cited: Mar 25, 2021]. Available from: <https://iddsi.org/framework/>