

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



Nutrition and Food Services
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Objectives

- 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

Introduction

- 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.

Primary Texture Diets

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

Dysphagia Soft

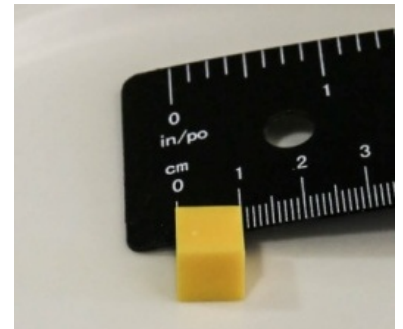
- Food must be soft and moist, for example:
 - Fork-tender and mashable foods like cooked vegetables, soft fruit without skin, most milk products, soft meats or entrees
 - Soft grain products
 - Salad type, minced or cheese sandwich fillings
- Foods that are not soft enough need to be diced to $\frac{1}{2}$ 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



Dysphagia Soft: Preparation

Meats:

- Dice into $\frac{1}{2}$ inch/1 cm cubes
(e.g. roast, Salisbury steak, hamburger patty, breaded pork cutlet, pork chop)
- Shave or dice, $\frac{1}{2}$ 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

Dysphagia Soft: Preparation

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.

Dysphagia Soft: Sample Meals



Poached cod tail with
mashed potato and
minced green beans



Diced turkey with
mashed potato and
peas and carrots

Minced

- 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.

Minced

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.

Minced and Pureed: Preparation Tips

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).

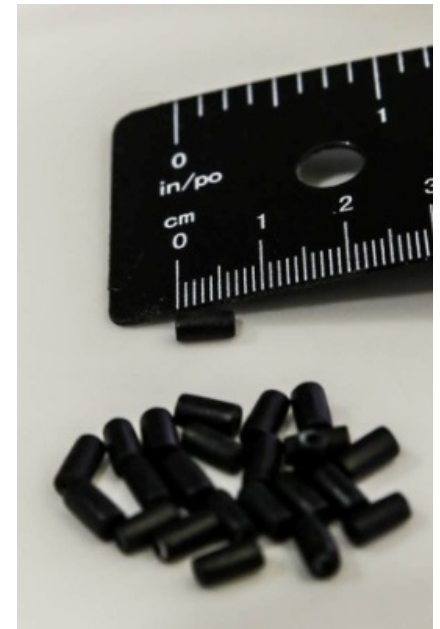
Minced: Preparation Tips

- 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.

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



Minced: Sample Meals



Baked fish with mashed potato, gravy and minced green beans



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

Pureed

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

Pureed: Preparation

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.

Pureed: Preparation

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.

Pureed: Preparation

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.

Pureed: Preparation

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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Pureed: Preparation Tips

If product is **too thin**:

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



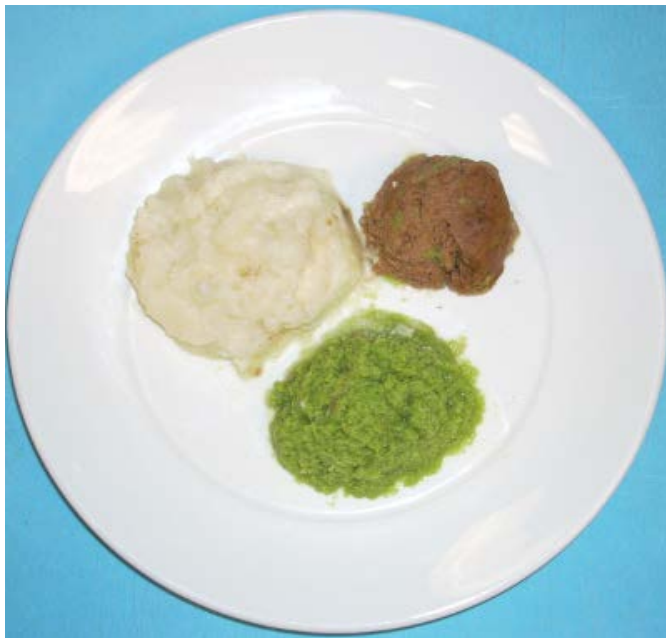
Pureed: Preparation Tips

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.



Pureed: Sample Meals



Pureed roast beef with
mashed potato and
pureed peas

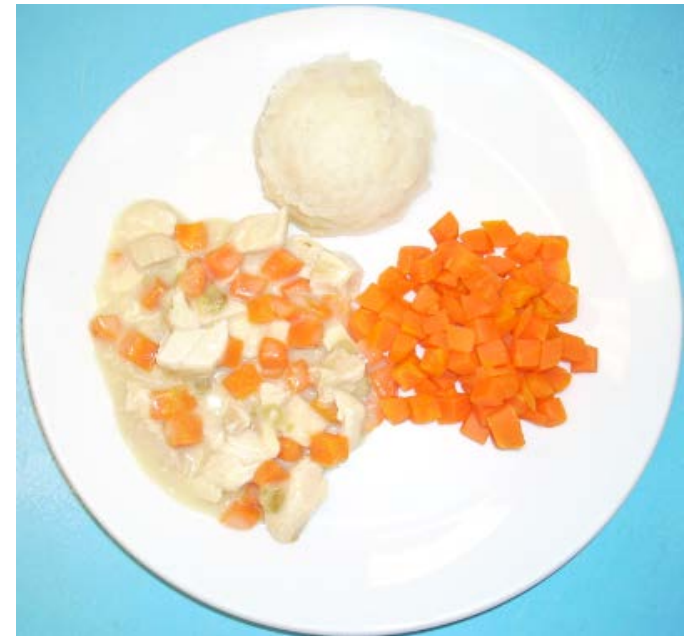


Pureed roast beef, squash
puree and mashed potato
with gravy

Additional Texture Modifications

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

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.











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



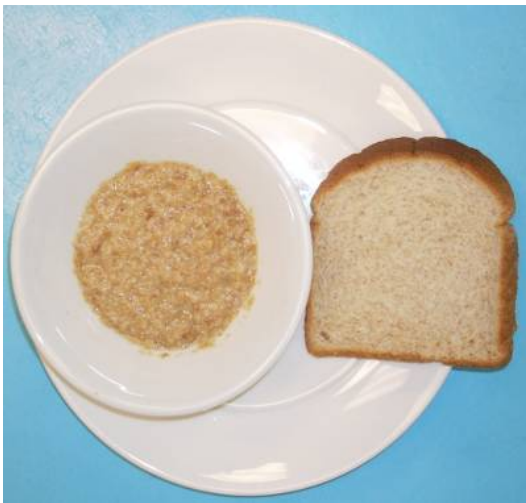
No Mixed Consistencies

Mixed consistencies 	Modify	Modified 
 <p>Regular Soup</p>		 <p>Blended Soup</p>
 <p>Peaches in Syrup</p>		 <p>Drained Peaches</p>

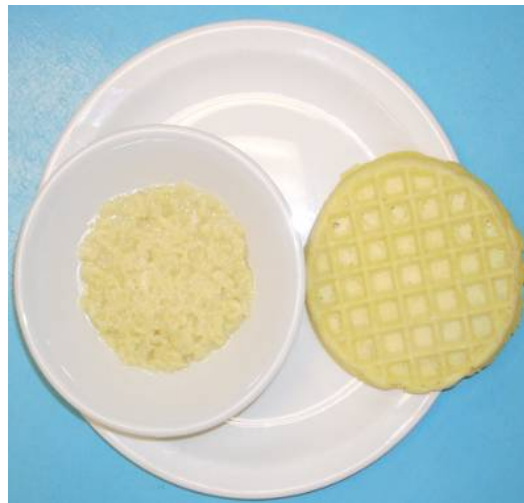
Pureed Bread Products

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

Pureed Bread Products

How to Puree Bread Products:

Pureed Bread Products can be made by

either pureeing

or

by making a slurry.

Pureed Bread Products

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.

Pureed Bread Products

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.

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.

Pureed Bread Products: Slurries

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.

Equipment for Texture Modified Diets

Institutional Equipment



Food processor/
RobotCoupe



Meat grinder



Mixer

Equipment for Texture Modified Diets

Home Style Equipment



Blender



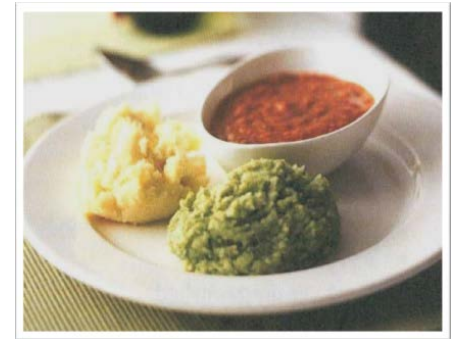
Hand held mixer



Food processor

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.



Following Texture Modified Recipes

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.

Texture Modified Foods: Appearance

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.



Texture Modified Foods: Taste

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.

Food Safety

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.



Food Safety

- 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.



Sample Pureed Menu Plan

Supper menu:

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

Sample Pureed Menu Plan

Supper menu:

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




Summary

- 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.



Summary

Use the Texture Modified Diets poster as a guide.

TEXTURE MODIFIED DIETS					
PUREED DIET		MINCED DIET		DYSPHAGIA SOFT DIET	
Description: <ul style="list-style-type: none"> • Texture of a pudding or mousse • Soft, smooth and moist • No water separation and no visible whole pieces of food. 		Description: <ul style="list-style-type: none"> • Minced, grated or mashed foods that require little chewing • Moist foods, without water separation • Regular bread products 		Description: <ul style="list-style-type: none"> • Soft and moist • Meats are tender and diced to 1 cm (½ inch) cubed or can be mashed with a fork in one hand (fork-mashable) • No foods that are dry, crumbly, chewy, sticky or gummy 	
Foods Allowed	Foods NOT Allowed	Foods Allowed	Foods NOT Allowed	Foods Allowed	Foods NOT Allowed
<ul style="list-style-type: none"> • Pureed vegetables and fruit; mashed potatoes • Applesauce; fruit sauces • Pureed or slurried bread products; smooth hot cereals • Pureed rice or pasta • Milk, smooth yogurt or pudding • Pureed meats • Pureed soups • Smooth sauces, gravies or condiments 	<ul style="list-style-type: none"> • Raw whole vegetables and fruit; dried fruit even if pureed • Cold cereals • Milk products with fruit pieces • All nuts or seeds • Soups or condiments with chunks (e.g., jam, marmalade, relish) 	<ul style="list-style-type: none"> • Minced soft vegetables and fruit; mashed ripe banana; 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 	<ul style="list-style-type: none"> • Raw vegetables; fruit that is raw or has tough skins; dried fruit • Dry, crumbly or chewy bread products; cold cereals • Dry, loose rice • Slices or cubes of hard cheese • Breaded or battered meats, even if minced • Crunchy or smooth nut butters • All nuts and seeds 	<ul style="list-style-type: none"> • Diced or fork-mashable soft vegetables and fruit; vegetables should be minced if not fork-mashable • Soft fork-mashable pasta; 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 diced meat with gravy 	<ul style="list-style-type: none"> • 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
					
<p>Pureed Roast Beef with Mashed Potato, Gravy and Squash Puree</p>		<p>Minced Turkey with Mashed Potato, Gravy and Minced Carrots</p>		<p>Diced Turkey with Mashed Potato and Soft Peas and Carrots</p>	

Questions?

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