







Texture Modified Dysphagia Food and Fluid

Food	<p>Texture E – Fork Mashable Soft, tender and moist – needs some chewing. Small pieces.</p>	<p>Texture D – Pre-mashed Mashed, with a thick, smooth gravy or sauce. Minced meat.</p>	<p>Texture C – Thick purée Smooth and moist with no ‘bits’. Needs no chewing.</p>
			
Fluid	<p>Stage 1 thick – ‘syrup’ Can be drunk from a cup. Leaves a thin coat on the back of a spoon</p>	<p>Stage 2 thick – ‘custard’ Too thick for a straw. Drunk from a cup. Leaves a thick coat on the back of a spoon</p>	<p>Stage 3 thick – ‘pudding’ Too thick to be drunk. Needs to be given via a spoon</p>
			

For further information, training and advice, please contact: