

B

Dysphagia Diet Food Texture Descriptors Thin Purée Dysphagia Diet

B

General description:

- ✓ Food has been puréed or has purée texture. It does not require chewing.
- ✓ It is a thin purée that does not hold its shape on a plate or when scooped.
- ✓ It cannot be eaten with a fork because it slowly drops through the prongs.
- ✓ The prongs of a fork do not make a clear pattern on the surface.
- ✓ It cannot be piped, layered or moulded.
- ✓ It can be poured. It 'spreads out' if spilled. A light, disposable plastic teaspoon must be able to stand upright when the head is fully covered.
- ✓ It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc.) It may need to be sieved to achieve this.
- ✓ It may have a fine 'textured' quality as long as it stays together in the mouth.
- ✓ It is moist.
- ✓ Any fluid in or on the food is as thick as the purée itself.
- ✓ Purée foods separately to improve appearance and interest.
- ✓ Use gravy, sauces, custards, cream to thin the purée to the appropriate consistency if necessary.
- ✗ There is no loose fluid that has separated off.
- ✗ The texture is not sticky in the mouth.
- ✗ No garnish.
- ✗ No ice-cream or jelly unless advised as suitable by Speech and Language Therapist.



Check before serving/eating:

- No hard pieces, crusts or skins have formed during cooking/heating/standing.
- It has **not** thinned out and any liquid within the food has not separated off.

Please turn over for more information

Meal Ideas

Breakfast

- Ready Brek or smooth porridge
- Weetabix well soaked with milk fully absorbed
- Milkshakes made with puréed fruit (thickener may need to be added)
- Smooth yoghurt or fromage frais
- Peeled then puréed tinned or fresh fruit e.g. peaches, pears
- Fruit smoothies

Main meal

Add flavour with mustard or curry powder, soy sauce, lemon juice, Bovril, Marmite or spices. Avoid using dried herbs.

- Chicken and gravy with vegetables
- Beef stew
- Cottage pie with vegetables
- Pork and apple casserole
- Fish in creamy sauce
- Macaroni cheese
- Cauliflower and broccoli bake
- Chicken and spinach curry with sweet potato

Dessert

- Lemon sponge and lemon sauce
- Syrup sponge and custard
- Tinned rice pudding
- Smooth yoghurt
- Chocolate custard
- Fruit and custard or yoghurt

Snacks

- Smooth soup
- Tinned pasta shapes
- Chocolate custard
- Smooth yoghurt