

# D

## Dysphagia Diet Food Texture Descriptors Pre-Mashed Dysphagia Diet

# D

### General description:

- ✓ Food is soft, tender and moist. Needs very little chewing.
- ✓ It has been mashed up with a fork before serving.
- ✓ It usually requires a very thick, smooth sauce, gravy or custard.
- ✓ Any fluid, gravy, sauce or custard in or on the food, is very thick.
- ✗ No mixed (thick-thin) textures e.g. cereal in milk, mince in gravy, dried fruit in sponge. No thin loose fluid.
- ✗ No hard, tough, chewy (toffee), fibrous (dry roasted meat), stringy (pineapple, celery), dry, crispy, crunchy (toast, flaky pastry) or crumbly bits (bread crusts, dry biscuits).
- ✗ No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grapes. No husks.
- ✗ No skin e.g. on sausages, (use skinless ones) bone or gristle.
- ✗ No round or long-shaped foods e.g. sausages, grapes, sweets. No hard chunks e.g. pieces of apple.
- ✗ No sticky foods e.g. cheese chunks, marshmallows.
- ✗ No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves.
- ✗ No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon.



### Check before serving/eating:

- No hard pieces, crusts or skins have formed during cooking/heating/standing.
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.



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### **Meat**

- Must be finely minced – pieces approximately 2mms. No hard bits of mince.
- Serve in a very thick, smooth sauce or gravy. If it cannot be finely minced it should be puréed.

### **Fruit**

- Serve mashed. Drain away any juice that has separated.

### **Bread**

- No bread unless assessed as suitable by SLT on an individual basis.

### **Cereal**

- The texture of very thick smooth porridge with no lumps.
- Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed.
- Any milk/fluid must not separate off (i.e. no loose fluid/no mixed (thick–thin) textures).
- Overall texture must be very thick and moist, not stodgy.

### **Desserts**

- The texture of very thick, smooth yoghurt (no bits) or stewed apple in very thick custard.
- Or the texture of soft sponge cake with smooth filling, fully softened by mashing and mixing in with very thick, smooth custard.
- Overall texture must be very thick and moist, not stodgy.
- No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).



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### Meal Ideas

#### Breakfast

- Very thick smooth porridge with no lumps
- Weetabix well soaked with milk fully absorbed
- Smooth, very thick yoghurt or fromage frais
- Egg (scrambled, poached, boiled) finely mashed and sauce added
- Stewed fruit with yoghurt
- Fruit smoothies – no pips or bits
- Mashed banana

#### Main meal

- Finely mashed fish in very thick sauce
- Soft pasta and sauce with soft cheese
- Finely minced meats (approx. 2mm) with very thick gravy
- Dhal
- Very thick, mashed stew
- Cheese soufflé
- Eggs (see breakfast ideas)
- Hummus or cream cheese with the inside of jacket potato
- Well cooked broccoli or cauliflower
- Mashed potato, sweet potato or yam with soft filling e.g. well mashed tuna mayonnaise

#### Dessert

- Stewed fruit with thick custard or cream
- Soft, mashed, tinned or fresh fruit (drain away any juice that has separated)
- Milk pudding e.g. rice pudding, semolina, sago, tapioca
- Egg custard
- Crème caramel
- Smooth, thick yoghurt or fromage frais
- Mousse, Angel Delight, instant whip or blancmange
- Sponge cake fully mashed with custard or cream

#### Snacks

- Mashed ripe fruit, e.g. banana, pears, peaches, plums, nectarines, melons, mangoes (skinned), strawberries, raspberries
- Pots of yoghurts, fruit, 'Muller' rice
- Chocolate, e.g. Buttons, After Eights, Twirls/Wispa in small pieces served at room temperature
- Soft cheeses/goats cheese as tasters