Dysphagia Diet Food Texture Descriptors
Fork Mashable Dysphagia Diet

General description:

✅ Food is soft, tender and moist but needs some chewing.
✅ It can be mashed easily with a fork.
✅ It usually requires a thick, smooth sauce, gravy or custard.
✅ Any fluid, gravy, sauce or custard in or on the food is 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.

Based on Dysphagia Diet Food Texture Descriptors March 2012
Meat
- Pieces of soft tender meat must be served no bigger than 15mms.
- Or serve meat finely minced. No hard bits of mince. Serve in a thick smooth sauce or gravy.

Fruit
- Juicy fruit should be 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 thick smooth porridge with no hard lumps (soft tender lumps no bigger than 15mms are acceptable).
- Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed.
- Any milk/fluid must not separate off (i.e. no thin loose fluid/no mixed (thick-thin) textures.
- Overall texture must be thick.

Dessert
- No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).
## Meal Ideas

### Breakfast
- Egg (scrambled, poached, boiled, fried)
- Baked beans or tinned tomatoes with soft white bread (no crusts)
- Soft fruits e.g. chopped banana, ripe peaches, melon, nectarines, strawberries
- Porridge, Ready Brek or instant oat cereal
- Weetabix soaked well in milk
- Pancakes with syrup

### Main meal
- Well-cooked soft pasta and sauce
- Boiled white rice (well cooked with plenty of thick sauce)
- Steamed, poached or baked fish e.g. cod, haddock in sauce
- Plain, soft omelette with soft filling
- Minced meat in thick gravy
- Tender meat casserole with plenty of thick sauce or gravy
- Lean tender pieces of meat e.g. chicken, turkey with plenty of thick gravy
- Thick creamy soup
- Fish pie
- Cottage pie

### Dessert
- Plain sponge cake, cake bars or sponge fingers with custard or cream – no fruit cake
- Steamed plain pudding with custard or cream, e.g. sticky toffee pudding, vanilla sponge
- Soft fruit - tinned or fresh, e.g. strawberries
- Stewed fruit with yoghurt, ice cream, cream or evaporated milk
- Thick and creamy yoghurt or fromage frais
- Crème caramel
- Egg custard
- Rice pudding
- Semolina

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Snacks

- Soft cake, plain or flavoured sponge, e.g. chocolate sponge, treacle sponge, gingerbread
  *NB – Do not give cake that contains dried fruit or nuts or is topped with hard icing or marzipan*

- Melt in the mouth crisps, e.g. Wotsits, Quavers, Skips, Pomme Bear, Monster Munch

- Chocolate, e.g. room temperature buttons, Maltesers.
  *NB – Do not give chocolate that contains dried fruit & nuts, e.g. Snickers*

- Ripe fruit cut into small pieces or gently mashed, e.g. banana, pears, peaches, plums, nectarines, melons, mangoes (all skinned), strawberries, raspberries

- Pots of yoghurts, pots of soft or pureed fruit, ‘Muller’ rice

- ‘Moist’ sandwiches, e.g. tuna, egg or grated cheese mayonnaise, cottage cheese, hummus, cheese spreads, pâtés.
  *NB – All sandwiches to have crusts off unless stated by the Speech and Language Therapist*