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Dysphagia Diet Food Texture Descriptors Fork Mashable Dysphagia Diet

E

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.



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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).



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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

Other