

Textured Modified Diets

"Dysphagia is when an individual has difficulty swallowing making it hard for them to eat and drink. Their food and drink may need to be modified to make it safer and minimising the risk of choking and aspiration."



The Modified Food Groups



Liquidised

All food items should be prepared separately. It should be completely smooth, passed through a sieve and lump free with a moderately thick liquid consistency. No thin liquid should separate.



Pureed

Food should be smooth, without lumps or separated liquid. It should hold it's shape on a spoon and be a mousse like consistency. Extra gravy or sauce should not be added.



Minced and Moist

Food particles should be no bigger than 3mm. Tender and moist with a fine minced consistency with no separated liquid. Extra gravy or sauce should not be added.



Soft and -Sized

Food particles should be no bigger than 15mm x 15mm and soft enough to press down with a fork without regaining shape. Gravy or sauce should be bound within the dish and not served separately.



Easy to Chew

Age appropriate foods that are a soft/tender texture that can be cut with a fork or spoon. No hard, tough, stringy textures with pips, seeds bones or grits.



Regular

Everyday foods of different textures. Chewing required, includes mixed consistencies e.g. cereal with milk, soup with vegetables & sandwiches.

Ingredients to avoid in Levels 3-7 Easy to Chew.

Foods with husks, seeds, pips or fibrous textures. No hard, crunchy or sticky textures. If in doubt pass ingredients through a fine sieve and thicken to correct consistency.



Always Follow Advice & Training

IDDSI - International Dysphagia Diet Standardisation Initiative

For more help and advice surrounding IDDSI and texture modified diets visit iddsi.org or download the free app



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Nutrition And Diet Modifications

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