

Managing Your Swallowing Difficulties

Fork Mashable Dysphagia Diet (Texture E)



Name: _____

DOB: _____

Date: _____

Why?

You have been advised to eat a **Fork Mashable Dysphagia Diet** – Texture E by your Speech & Language Therapist. This is because one or more of the following:

- Hard/dry foods are more difficult to chew and more effortful to swallow.
- Hard/dry foods are more likely to leave residues in your throat which can later go down the wrong way.
- There is a higher risk of choking on hard/dry foods

How?

Preparing a Texture E diet is not particularly difficult, most meals that you would normally have at home can still be prepared, but it is important to remember to cook foods so they are soft – they should be easy to cut up or be mashed with a fork. You may need to add extra sauce to drier foods such as cakes and meats and make sure that the food is cut up into small bite sized pieces.

What?

Included in this booklet is a table of different foods/drinks that are advisable for your swallowing needs. There is also a table of high risk foods that you should avoid.

When?

You should continue to follow these recommendations until such a time as a Speech & Language Therapist or Doctor tells you otherwise.

Who?

If you have any questions/concerns about these recommendations, contact your Speech & Language Therapist:

Name: _____

(see back page of leaflet for contact details)

Additional Information (e.g. fluid guidelines, positioning recommendations, medication administration):

Dysphagia Diet Food Texture Descriptors

National Patient Safety Agency (2011)

Fork Mashable Dysphagia Diet – Texture E

Texture E products must be in a consistency that allows them to be mashed easily using a fork at point of service/ consumption

General description:

✓	Food is soft, tender and moist but needs some chewing.
✓	It can be mashed with a fork.
✓	It usually requires a thick, smooth sauce, gravy or custard (see next point).
✓	Any fluid, gravy, sauce or custard in or on the food is thick.
X	No mixed (thick-thin) textures. No thin loose fluid.
X	No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits.
X	No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grapes.
X	No husks.
X	No skin, bone or gristle.
X	No round or long-shaped foods e.g. sausages, grapes, sweets. No hard chunks e.g. pieces of apple.
X	No sticky foods e.g. cheese chunks, marshmallows.
X	No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves.
X	No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon.

Check before serving/eating:

X

No hard pieces, crust or skin have formed during cooking/heating/standing.

X

Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

*Note – definition of ‘thick’ fluid

Any fluid, gravy, sauce or custard in or on food must be thick – a light disposable plastic teaspoon would stand upright if the head were fully but just covered.

Further Information

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.

Fish

- Soft enough to break up into small pieces with a fork.
- Serve in thick smooth sauce or gravy.

Fruit

- Juicy fruit should be mashed – drain away any juice that has separated.

Casserole/stew/curry

- Must be thick. Can contain meat, fish or vegetables if prepared as above and fully mixed in.

Bread

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

Cereal

- The texture of 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 thin loose fluid/ no mixed (thick- thin) textures.
- Overall texture must be thick

Desserts

- The texture of thick smooth yogurt or stewed apple in thick custard.
- Or texture of soft sponge cake with smooth filling, fully softened with thick smooth custard.
- Overall texture must be thick.
- No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).

Fork Mashable Dysphagia Diet – Texture E

	Recommended Foods	Avoid
Bread, cereals, rice, pasta, noodles	<ul style="list-style-type: none"> ▪ Cereal which turns to single consistency when soaked (weetabix/porridge) ▪ Other cereals if well soaked and careful not to take mixed consistency on the same spoon (i.e. take mouthful of solid only without milk). ▪ Soft pasta and noodles ▪ Well cooked rice ▪ Soft pastry such as quiche ▪ Bread if very moist/ soaked e.g. with baked beans or if dipped in soup. ▪ Sandwiches with moist filling such as egg mayonnaise, tuna mayonnaise. Remove hard crusts and avoid breads with seeds/grains.* 	<ul style="list-style-type: none"> ▪ Dry or crusty breads, breads with hard seeds/ grains, hard pastry, pizza ▪ Sandwiches with dry filling such as cheese, ham, salad, etc. ▪ Course or hard breakfast cereals that do not moisten easily e.g. muesli ▪ Cereals with nuts, seeds or dried fruits

	Recommended Foods	Avoid
Vegetables	<ul style="list-style-type: none"> ▪ Well cooked vegetables served in small pieces or soft enough to be mashed/broken up with a fork ▪ Soft canned vegetables such as canned carrots, mushy peas etc. ▪ Well cooked legumes/beans (so the outer skin is soft) ▪ Boiled and mashed potatoes, chips if they are not hard, crispy or overcooked 	<ul style="list-style-type: none"> ▪ Raw vegetables ▪ Salads ▪ Whole cherry tomato's which can pose a choking risk ▪ Celery ▪ Hard fibrous or stringy vegetables such as sweet corn, broccoli stalks, ▪ Vegetables with a tough outer skin such as frozen peas ▪ Crispy chips/ crunchy roast potatoes
Fruit	<ul style="list-style-type: none"> ▪ Fresh fruit pieces that are naturally soft e.g. banana, nectarine flesh ▪ Stewed and canned fruits in small pieces such as pears, peaches ▪ Pureed fruit ▪ Fruit smoothies** ▪ Fruit juice** 	<ul style="list-style-type: none"> ▪ Large chunks of fruit or small round fruits (such as whole grapes, cherries etc) which can pose a choking risk ▪ Fruit skins – it is best to peel most fruits before eating them ▪ Dried fruit, seeds and fruit peel ▪ Fibrous fruits e.g. pineapple

	Recommended Foods	Avoid
Milk, yoghurt, cheese	<ul style="list-style-type: none"> ▪ Milkshakes/ smoothies** ▪ Yoghurt (may contain soft fruit) ▪ Soft cheese (e.g. brie, camembert, mozzarella, ricotta, cheddar) 	<ul style="list-style-type: none"> ▪ Yoghurt with seeds, nuts, muesli or hard pieces of fruit
Meat, fish, poultry, eggs, nuts	<ul style="list-style-type: none"> ▪ Casseroles with small pieces of tender meat ▪ Minced meats (e.g. shepherds pie, cottage pie) ▪ Moist fish (easily broken up with the edge of a fork) ▪ Eggs ▪ Soft tofu 	<ul style="list-style-type: none"> ▪ Dry, tough, chewy, stringy or crispy meats ▪ Meat with gristle ▪ Pizza ▪ Crispy pies

	Recommended Foods	Avoid
Desserts	<ul style="list-style-type: none"> ▪ Dairy deserts, custards, yoghurt, ice-cream**, crème caramel, mousse ▪ Moist cakes and sponge puddings (extra moisture may be required e.g. custard or cream) ▪ Soft fruit based deserts (e.g. a soft moist crumble, sponge or cobbler) ▪ Rice pudding ▪ Moist bread and butter pudding ▪ Tiramisu ▪ Trifle 	<ul style="list-style-type: none"> ▪ Deserts with crumbly, dry, hard, flaky or crispy toppings or bases ▪ Dry cakes ▪ Nuts ▪ Seeds ▪ Coconut ▪ Dried fruit ▪ Pineapple

	Recommended Foods	Avoid
Miscellaneous	<ul style="list-style-type: none"> ▪ Very Thick Soup containing no thin liquid (may contain small soft lumps) ▪ Thin single consistency soups (e.g. cream of tomato, cream of mushroom)** ▪ Soft, smooth chocolate ▪ Jams and condiments 	<ul style="list-style-type: none"> ▪ Thin soup with chunks must be carefully eaten being careful to not take mixed consistency on the spoon (e.g. take either a spoonful of the solid or a spoonful of the liquid – don't mix them). ▪ Sticky or chewy foods e.g. toffee ▪ Boiled sweets ▪ Popcorn, crisps, biscuits, crackers, nuts, seeds

* Only if been told by Speech & Language Therapist that you are able to eat bread

** Only if able to drink fluids. Fluids must be thickened to recommended consistency if drinking thickened fluids

High Risk Foods

- Stringy, fibrous texture, e.g. pineapple, runner beans, celery, lettuce.
- Vegetable and fruit skins including beans, e.g. broad, baked, soya, black-eye, peas, grapes.
- Mixed consistency foods e.g. cereals which do not blend with milk, e.g. muesli, mince with thin gravy, soup with lumps.
- Crunchy foods, e.g. toast, flaky pastry, dry biscuits, crisps.
- Crumbly items, e.g. bread crusts, pie crusts, crumble, dry biscuits.
- Hard foods, e.g. boiled and chewy sweets and toffees, nuts and seeds.
- Husks, e.g. sweetcorn and granary bread.

Ready Meals

Some companies produce Fork Mashable Dysphagia Diet (Texture E) ready meals that can be delivered to your home and stored in your freezer until you are ready to use them. These meals can be useful to keep in the freezer for times when you do not have time to prepare your meal or if the person that usually prepares your meal is not available.

The following companies offer a range of Fork Mashable Dysphagia Diet (Texture E) foods. Contact them to request a brochure or visit their website.

“Wiltshire Farm Foods” (Dysphagia Diet Range)



Tel: 0800 773 773

Website Address:

<http://www.wiltshirefarmfoods.com>

Meals on Wheels

A selection of Fork Mashable Dysphagia Diet (Texture E) meals are available from the council run Meals on Wheels services. These services are able to offer both long term and short term contracts (e.g. if the person that normally prepares your food is going on holiday). The meals are made by a company called 'Apetito' who also supply Wiltshire Farm Foods (see previous page). The meals are cooked by the council and delivered to you hot on the days requested (this can be 7 days a week or just the occasional day.) These services may work out slightly cheaper than buying the freezable ready meals as described on the previous page.

South Gloucestershire Council



Name: Community Meals Service

Tel: 01454 865 996

Website Address:

<http://www.southglos.gov.uk>

Bristol City Council



Name: Mobile Meals Service

Tel: 0117 903 1520 or 0117 903 1522

Website Address:

<http://www.bristol.gov.uk>

North Somerset Council



Name: Community Meals on Wheels

Tel: 01275 882 155

Website Address:

<http://www.n-somerset.gov.uk>

Reference:

National Patient Safety Agency, “Dysphagia Diet Food Texture Descriptors” (2011)

Dietitians Association of Australia and The Speech Pathology Association of Australia Limited, “Texture-modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions”, *Nutrition & Dietetics* 2007; 64 (Suppl. 2): S53–S76 DOI: 10.1111/j.1747-0080.2007.00153.x

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution

**PATIENT
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www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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Hospital Charity**

southmeadhospitalcharity.org.uk

Southmead Hospital Charity raises funds for departments and wards throughout the Trust, meaning you can support an area close to your heart