

Service: **Adult Speech and Language Therapy**

Managing Your Swallowing Difficulties

Pre-Mashed Dysphagia Diet (Texture D)



Name: _____

—

DOB: _____

Date: _____

Why?

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

- Solid foods are more difficult to chew and more effortful to swallow.
- Solid 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 solid foods

How?

It is not particularly difficult to prepare a Pre-Mashed Dysphagia Diet and most foods that you would normally have at home can still be prepared. It is important to remember to cook foods so that they are very soft, and then mash or shred the food with a fork or masher, adding extra sauce/gravy to make the food moist. You will find that some meats are more difficult to mash/shred than others. Tender, casseroled meats or minced meats are easiest, but if this is too difficult, you can put the meat in a food processor.

Included in this booklet are the national guidelines for texture modification, an illustrated step by step guide to preparing a Pre-Mashed Dysphagia Diet as well as information about where an appropriate meal can be purchased if you are unable to make the meal at home.

What?

Included in this booklet is a table of different foods 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)

Pre-Mashed Dysphagia Diet – Texture D

Texture D products must be mashed by the manufacturer /originator prior to heating for service i.e. it must be in a pre-mashed state when it reaches the client.

General description:

✓	Food is soft, tender and moist. Needs very little chewing.
✓	It has been mashed up with a fork before serving (see overleaf for meat).
✓	It usually requires a very thick, smooth (non-pouring) sauce, gravy or custard (see next point).
✓	Any fluid, gravy, sauce or custard in or on the food is very thick (*please see note below).
X	No mixed (thick-thin) textures. No 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. 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 ‘very thick’ fluid

Any fluid, gravy, sauce or custard in or on food must be very thick.

It holds its shape on a plate or when scooped, can not be poured and does not ‘spread out’ if spilled.

Thinner single texture foods maybe suitable if a person is on thinner fluids – Speech & Language Therapist to advise on an individual basis.

Further Information

Meat

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

Fish

- Serve finely mashed and in a very thick, smooth (non-pouring) sauce or gravy.

Fruit

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

Casserole/stew/curry

- Must be very thick.
- Can contain meat, fish or vegetable if prepared as above and overleaf and are fully mixed in.

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 (Because this is a single texture food it could be served thinner if a person is on thinner fluids – SLT to advise).

Desserts

- The texture of very thick, smooth yogurt (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 (non-pouring) custard.
- Overall texture must be very thick. (If the texture of the dessert is single it could be served thinner if a person is on thinner fluids – SLT to advise).
- No ice-cream or jelly if a person requires thickened fluids (because these can change to normal fluid thickness in the mouth).

Pre Mashed Dysphagia Diet – Texture D

	Recommended Foods	Avoid
Bread, cereals, rice, pasta, noodles	<ul style="list-style-type: none"> ▪ Breakfast cereal with small moist lumps, for example porridge or Weetabix soaked in milk ▪ Small, soft well cooked pasta with sauce for example moist macaroni cheese ▪ Well cooked, stodgy rice that holds together 	<ul style="list-style-type: none"> ▪ All breads, sandwiches, pastries, crackers and dry biscuits ▪ Rice that does not hold together, for example long-grain, basmati ▪ Crispy or dry pasta, for example the edges of a pasta bake or lasagne
Vegetables	<ul style="list-style-type: none"> ▪ Tender cooked vegetables that are easily mashed with a fork 	<ul style="list-style-type: none"> ▪ Vegetable pieces larger than 0.5cm or too hard to be mashed with a fork ▪ Fibrous vegetables or those with skins or husks that require chewing, for example peas, sweetcorn etc ▪ Salads

	Recommended Foods	Avoid
Fruit	<ul style="list-style-type: none"> ▪ Mashed soft fresh fruits, for example banana, mango, strawberries ▪ Finely diced soft pieces of canned or stewed fruit ▪ Pureed fruit ▪ Fruit smoothies* ▪ Fruit juice* 	<ul style="list-style-type: none"> ▪ Fruit chunks ▪ Fruit that is too hard to be mashed with a fork
Milk, yoghurt, cheese	<ul style="list-style-type: none"> ▪ Yoghurt (may have small soft fruit pieces) ▪ Very soft cheeses with small lumps, for example cottage cheese ▪ Milkshakes/smoothies* 	<ul style="list-style-type: none"> ▪ Hard cheeses ▪ Yoghurt with seeds, nuts, muesli or hard/large pieces of fruit
Meat, fish, poultry, eggs, nuts	<ul style="list-style-type: none"> ▪ Coarsely minced, tender meats with a sauce ▪ Casseroled meat can either be blended to reduce the particle size, or shredded with a knife and fork ▪ Soft fish with sauce mashed with a fork ▪ Very soft and moist egg dishes for example scrambled eggs, soft quiches ▪ Well cooked legumes mashed with a fork ▪ Soft tofu cut into small pieces or mashed with a fork ▪ Hummus 	<ul style="list-style-type: none"> ▪ Casserole or mince dishes with hard or fibrous particles for example peas, large chunks of onion ▪ Dry, tough, chewy or crispy dishes that cannot be easily mashed with a fork

	Recommended Foods	Avoid
Desserts	<ul style="list-style-type: none"> ▪ Smooth puddings, dairy desserts, custards, yoghurt, crème caramel, mousse and ice-cream* ▪ Soft moist sponge cake deserts with lots of custard, cream or ice-cream, mashed with a fork, for example tiramisu, trifle, sponge & custard ▪ Soft fruit based deserts e.g. stewed fruit and custard, fruit fool ▪ Rice pudding 	<ul style="list-style-type: none"> ▪ Deserts with large, hard or fibrous fruit particles (e.g. sultanas), seeds or coconut ▪ Pastry and hard crumble ▪ Crispy or dry toppings/edges of oven cooked deserts
	<ul style="list-style-type: none"> ▪ Very Thick Soup containing no thin liquid (may contain small soft lumps) ▪ Thin single consistency soups with no 'bits' (e.g. cream of tomato, cream of mushroom)* ▪ Plain biscuits dunked in hot tea or coffee and completely saturated ▪ Salsa's sauces and dips with small soft lumps e.g. guacamole ▪ Very soft, smooth chocolate (e.g. Aero) ▪ Jams and condiments without seeds or dried fruit 	<ul style="list-style-type: none"> ▪ Soups with large pieces of meats or vegetables, corn or rice ▪ Sweets – hard boiled sweets, fruit jellies, marshmallows ▪ Popcorn, chips, biscuits, bread, crackers, nuts, seeds

* Only if able to drink normal/thin 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.

Preparing a Moist Minced Diet

You will need:

- A knife and fork
- A side dish to remove any hard bits
- An extra fork may be needed



1. Prepare a meal such as soft casseroled meat, well cooked and soft vegetables, and mashed potato



2. Mash soft vegetables with the back of the fork



3. Shred cut up bits of meat with knife and fork



4. Remove any bits of food that are too hard to be minced or mashed



5. Add extra gravy if needed to make sure the meal is moist.



6. Keep each food type separate so as to keep it looking appetising



Ready Meals

Some companies produce Pre-Mashed Dysphagia Diet (Texture D) 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 Pre-Mashed Dysphagia Diet (Texture D) 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 Pre-Mashed Dysphagia Diet (Texture D) 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 865996

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
APPROVED** 

How to contact us:

Speech and Language Therapy Department Core Clinical Services Directorate

 Gate 10
Level 6
Brunel building
Southmead Hospital
Westbury-on-Trym
Bristol
BS10 5NB

 Cossham Hospital
Lodge Road
Bristol
BS15 1LF

 0117 340 8525

 0117 414 4011
0117 414 4012

 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.

© North Bristol NHS Trust. This edition published June 2019. Review due June 2021. NBT002608

Take Part
Be Involved
In research

Research is everyone's business

Learn more about the wide range of research that takes place here every day.

www.nbt.nhs.uk/research



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