Preparing Texture Modified Foods: A Training Program for Supportive Living Sites

Nutrition and Food Services
2015
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Objectives

• Learn what different texture modified foods look like
• Practice preparing texture modified foods by using the right guidelines, recipes and equipment
• Serve appropriate food texture modifications for each diet
Introduction

- It is important to ensure staff:
  - Understand the different types of texture modified diets
  - Practice preparing texture modified foods
  - Are able to follow textured modified recipes

- Commercial texture modified foods (sourced products) are also available. These products can help to ensure safety and consistent nutrition.
Primary Texture Diets
Easy to Chew

Foods:

• must be soft and moist

• may need to be diced, minced or mashed to make them easier to chew

• may need to be moistened by adding sauces, oils, butter, salad dressing, etc

Diced ham with macaroni and cheese and French cut green beans
Dysphagia Soft

• Food must be soft and moist, for example:
  
  • Fork-tender and mashable foods like cooked vegetables, soft fruit without skin, most milk products, soft meats or entrees
  • Soft grain products
  • Salad type, minced or cheese sandwich fillings

• Foods that are not soft enough need to be diced to $\frac{1}{2}$ inch/1 cm or less on the longest side, for example:
  
  • Meat, poultry, entrees or casseroles that are firm, or have pieces larger than $\frac{1}{2}$ inch/1 cm
Dysphagia Soft: Preparation

Meats:

- Dice into ½ inch/1 cm cubes (e.g. roast, Salisbury steak, hamburger patty, breaded pork cutlet, pork chop)
- Shave or dice, ½ inch/1 cm on longest side (e.g. meat and processed meat)
- Fork tender, mashable meat may be served ‘as is’ (e.g. shepherd’s pie, meatloaf)

Measure to see if pieces are the right size
Dysphagia Soft: Preparation

Vegetables:

• Cook until soft. May be served ‘as is’ if they are mashable or diced to ½ inch/1 cm cubes.
• Mince cooked vegetables that are fibrous and stringy (e.g. green beans or broccoli).
• Mince salads (e.g. lettuce, coleslaw, and other leafy greens).

Fruit:

• Dice (½ inch/1 cm cubed) or mash soft ripe fruits. Can also use soft canned or frozen fruit.
Dysphagia Soft: Sample Meals

Poached cod tail with mashed potato and minced green beans

Diced turkey with mashed potato and peas and carrots
Minced

• Foods are minced, grated or finely mashed to a size less than ¼ inch or ½ cm.

• Foods are moist with no liquid separation.

• Some foods need to be pureed to be safe on a minced diet. For example, kernel corn and pitted stewed prunes.
Minced

Breads:

• Soft and moist bread, buttered toast, muffins, buns and biscuits are allowed as is.
• Pancakes, waffles or French toast must have applesauce or syrup added to moisten.
• Ensure the bread product is checked before serving to ensure it is not hard, dry and chewy.
• If the crust of any product is too chewy, the crust would need to be removed.
Minced and Pureed: Preparation Tips

Before mincing or pureeing foods:

• Drain liquid from portions needed for minced or pureed (e.g. remove excess liquid/gravy from meat before processing).

• Weigh or measure the portions needed. If pureeing foods, add 1 extra serving for every 10 servings.

• Chop or dice larger pieces of food, such as meat, before placing into equipment (e.g. processor, meat grinder).
Minced: Preparation Tips

• Some foods may be soft enough to mince with a fork, pastry blender, or potato masher.

• Other foods may need to be minced in a meat grinder or food processor. If mincing using a food processor, avoid over processing (do not puree food).

• Add 1 Tbsp/15 mL liquid at a time (juice, milk, gravy or sauce) to the product to make it moist after it has reached a minced consistency. Do not add water.
Minced: Preparation

Visually check that food particles are:

- less than ¼ inch (1/2 cm) in diameter (use a ruler)
- the same size and texture
- moist and stick together to form bite-sized pieces that can be easily chewed and swallowed
Minced: Sample Meals

- Baked fish with mashed potato, gravy and minced green beans
- Minced minute steak with mashed potato, gravy and minced parsnip/carrot medley
Pureed

All pureed foods, including bread products, must:

• be soft, moist and smooth (the same texture as a pudding or mousse) with no water separation

• have particles that are the same size or smaller than cooked cream of wheat or applesauce (no lumps or visible particles)

• be as thick as pudding (solids) and hold their shape when mounded on a spoon

• fluids can be thinner
Pureed: Preparation

Method for pureeing vegetables:

2. Weigh or measure portions. Chop or dice, if needed.
3. Blend vegetables until fine and smooth.
4. If needed, add 1 Tbsp/15 mL of liquid (vegetable or fruit juice or melted margarine) at a time until puree looks smooth and moist.

Note: Most vegetables do not need liquid added when pureeing.
Pureed: Preparation

Method for pureeing vegetables:
5. Use a strainer to remove any skins or seeds as needed before putting food onto plate.
6. Portion food onto plate.

Final product should be smooth without lumps or stringy bits.
Pureed: Preparation

Pureed food should be smooth without any lumps or stringy bits. There must be no visible particles.

Oatmeal is the only exception to this – it is consistent in texture and is appropriate on a pureed diet.
Pureed: Preparation

Testing Consistency:

**Solid** pureed foods are thick enough to spoon up a minimum of about 1 ½ tsp- 2 tsp (7.5 mL–10 mL) onto a teaspoon.

Image used with permission from Nestlé HealthCare Nutrition.
Pureed: Preparation Tips

If product is too thin:

- use commercial thickener to thicken the product to the desired consistency
Pureed: Preparation Tips

If product is too thick:

• Use cooking liquids, gravy, milk, juice or sauce to enhance colour, flavour and the nutrient value of the food (Do not use water.)

• Add 1 Tbsp/15 mL liquid at a time, to avoid adding too much, which could result in runny food.

• Use hot liquids for hot foods and cold liquids for cold foods.
Pureed roast beef with mashed potato and pureed peas

Pureed roast beef, squash puree and mashed potato with gravy
Additional Texture Modifications
Cut/Diced

• Foods must be cut up into **bite-sized** pieces or pieces that are easy to pick up (e.g. a quarter sandwich).

• It is safe to provide the dysphagia soft particle size (1/2 inch/1 cm cubed).

Chicken à la king with mashed potato and diced carrots
Cut/Diced

- Meats must be either:
  - cut/diced (e.g. steak, hamburger patty),
  - fork tender (e.g. boneless fish, eggs, minced meats such as meatballs) or
  - shaved to paper thin

- Vegetables and fruit must be peeled and sectioned, mashed, cut or diced, unless they can easily be handled with 1 hand.
No Mixed Consistencies

Mixed consistencies are:

• foods with a thin fluid and a solid food in the same mouthful.
  • e.g. cold cereal with milk, soup with pieces of vegetables, noodles or meat

• foods that release liquid when chewed
  • e.g. watermelon, cherry tomatoes
## No Mixed Consistencies

<table>
<thead>
<tr>
<th>Mixed consistencies</th>
<th>Modify</th>
<th>Modified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Soup</td>
<td></td>
<td>Blended Soup</td>
</tr>
<tr>
<td>Peaches in Syrup</td>
<td></td>
<td>Drained Peaches</td>
</tr>
</tbody>
</table>
Pureed Bread Products

Pureed Bread Products are always given with a Pureed diet, but can also be ordered along with other primary textures.

Examples of Pureed Bread Products:

- Pureed bread
- Pureed waffle
- Oatmeal
Pureed Bread Products

How to Puree Bread Products:

Pureed Bread Products can be made by

either pureeing

or

by making a slurry.
Pureed Bread Products

**Pureeing:**
Use a hand blender with a chopper attachment, mini chopper, food processor, or blender.

1. Take one serving of bread product and break into small pieces if needed.

2. Add 1 Tbsp/ 15 mL of liquid, such as milk, juice, syrup, broth, melted butter, or margarine to puree the food.

3. Blend together until smooth and moist like a pudding or mousse.
Pureed Bread Products

If the pureed food is too thick:

Add extra liquid to your pureed food. Add 1 Tbsp/ 15 mL of liquid at a time. Puree food again to make bread product smooth and moist.

If the pureed food is too thin:

Thicken using more of the food being pureed or add a commercial thickener. Puree food again. If pureed food is still too thin, repeat the steps above.
Pureed Bread Products: Slurries

• Slurries can soften bread or baked items.

• Slurries are made with a liquid and commercial thickener to modify a product for the Pureed diet.

• The finished product looks like the initial product (meaning it will keep its original form).

• Foods made with a slurry must not contain nuts, seeds, raisins, dates or coconut.

• Examples of slurries include a bread slurry, French toast, pancake or waffle slurry, muffin slurry, cake/cookie slurry, or a brownie/bar slurry.
Pureed Bread Products: Slurries

Method for preparing slurries:

1. Mix the commercial thickener and hot liquid (hot milk, juice, water or nutrition supplement drink) and stir until smooth. Follow the recipe for amounts of thickener and liquid.

2. Place the bread product (digestive cookies, pancakes, muffin, etc) in a dish and add the slurry mix. Spread evenly and cover, allowing the bread product to absorb the slurry mix. Follow recipe instructions for how long to let the bread product absorb the slurry mix.

3. Serve cold or warm, depending on the bread product.
Equipment for Texture Modified Diets

Institutional Equipment

- Food processor/RobotCoupe
- Meat grinder
- Mixer
Equipment for Texture Modified Diets

Home Style Equipment

Blender
Hand held mixer
Food processor
Texture Modified Food: Preparation Tips

• Follow procedures to prepare texture modified foods (recipe).

• Provide foods similar in taste and variety to those offered on the regular diet.

• Make sure food tastes and looks good.

• Serve hot foods with an internal temperature of over 140º F/ 60ºC (holding temperature) and cold foods at 40ºC / 4ºC or less.
Example recipe:
Pureed Beef Barley Soup to honey thickness (4 servings)

2 1/3 cups  Beef Barley Soup  600 mL
1/4 cup  Commercial Thickener  50 mL

- Heat soup to serving temperature.
- Put regular soup in blender. Puree until smooth and strain through 1 mm mesh strainer.
- Add thickener. Whisk together until smooth.
Texture Modified Foods: Appearance

To enhance appeal:

• Offer a variety of colourful and appetizing foods.

• Use garnishes with the same texture to add colour and appeal.

• Place foods on the plate in an attractive manner.

• Keep food items separate on the plate.
Texture Modified Foods: Taste

To enhance taste:

• Add cooking liquids, gravy, milk, juice or sauces to enhance colour and flavour, not water.

• Use spices (except salt) to add flavour.

• Serve meals at the correct temperature (hot foods must be served hot, cold foods must be served cold).

• Taste the food before serving it to residents.

Staff should be positive and encouraging about the meal when serving it to the resident.
Food Safety

Follow food safety rules:

• safe holding temperatures
• reheating temperatures

• Texture modified foods cool more quickly; ensure food is held at the appropriate holding temperature.

• Clean and sanitize the equipment between food items.
Food Safety

- Use texture modified foods right away, or store in the fridge for no longer than 24 hours. (or the freezer for up to 2 months)

- Label and date all stored foods.

- Practice *first in first out*- use older items first.
## Sample Pureed Menu Plan

### Supper menu:

<table>
<thead>
<tr>
<th>Regular Menu</th>
<th>Change</th>
<th>Pureed Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water and coffee/ tea</td>
<td></td>
<td>Water and coffee/tea</td>
</tr>
<tr>
<td>Meatloaf</td>
<td>Puree and add gravy</td>
<td>Pureed meatloaf, with 2 Tbsp (30 mL) gravy</td>
</tr>
<tr>
<td>Baked potato</td>
<td>Remove skin, puree potato and add gravy</td>
<td>Smooth mashed potatoes, with 2 Tbsp (30 mL) gravy</td>
</tr>
<tr>
<td>Green beans</td>
<td>Puree and top with margarine</td>
<td>Pureed green beans, with margarine</td>
</tr>
</tbody>
</table>
# Sample Pureed Menu Plan

## Supper menu:

<table>
<thead>
<tr>
<th>Regular Menu</th>
<th>Change</th>
<th>Pureed Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain tray bun</td>
<td>Puree</td>
<td><strong>Pureed</strong> whole grain tray bun</td>
</tr>
<tr>
<td>Milk / fortified soy beverage</td>
<td>Change to whole milk/no change</td>
<td><strong>Whole milk</strong> (3.25% M.F.)/fortified soy beverage</td>
</tr>
<tr>
<td>Baked apple with cinnamon</td>
<td>Puree</td>
<td><strong>Pureed</strong> baked apple with cinnamon</td>
</tr>
<tr>
<td>Vanilla pudding</td>
<td></td>
<td>Vanilla pudding</td>
</tr>
</tbody>
</table>
Summary

• Almost all foods can be adapted from the regular menu for texture modified diets.

• Follow standardized recipes and guidelines when preparing food to make sure food is safe and healthy.

• Use the appropriate piece of food preparation equipment when preparing textured modified foods.

• Food that tastes and looks good will help with residents’ acceptance and intake.
Summary

Use the Texture Modified Diets poster as a guide.
Questions?

If you have any future questions about texture modified foods, please ask your supervisor.