

Food texture guide

SYMPTOMS

A change in food texture may be justified in case of one or more of the following symptoms.

- Eating takes longer than normal
- Food or liquid is leaking out of the mouth
- Food is collecting in the cheeks
- Bits of food is being picked or spat out of the mouth
- Food is held in the mouth for a long time before swallowed
- Difficulty chewing certain food
- Coughing or throat clearing

- Wheezing and gurgling sounds when talking
- Lump sensation in the throat
- Eating causing tiredness
- Motorical problems

Please contact a nurse in case of any of the above problems. For an investigation and selection of individually suited textures, please consult a dietician or speech pathologist.

Always be attentive and careful when introducing a new texture!

FOOD TEXTURE		DESCRIPTIONS	EXAMPLES
	Normal or Cut up	Normal texture, possibly cut up in smaller pieces.	Whole or cut up food, whole fish, minced meat or sausages, vegetables, potatoes and sauce. Fresh or tinned fruit with whipped cream or ice cream.
D	Coarse pate	Light, soft and coarse textured food such as <i>succulent and soft meatloaf</i> . Easy to cut up with a fork. Provides more chewing resistance than a timbale and contains particles.	Coarse meat pate or whole boiled fish, coarse vegetable pate or well-cooked vegetables, whole or pressed potatoes and gravy.
C	Timbale	Soft, smooth, short and cohesive textured food such as <i>omelette</i> . Can be eaten with a fork or spoon. Moderately chewing resistant and consistent in texture. More porous than coarse pate.	Meat or fish timbale, vegetable timbale/ purée, mashed or pressed potatoes and gravy. Fruit fromage with whipped cream or ice cream.
C	Jelly	Soft and jelly-like food such as <i>currant jelly</i> . Can be eaten with a fork or spoon. Wobbly and consistent texture. Melts in the mouth unlike coarse pate and timbale.	Cold jellied dishes of meat or fish, vegetable purée or jellied vegetables, mashed potatoes and a thick gravy. Fruit jelly with whipped cream or ice cream.
	Thin liquid	Smooth thin liquid such as <i>tomato soup</i> . Runs off the spoon. Cannot be eaten with a fork. Not as creamy as thick liquids.	Enriched meat, fish or vegetable soup with a dollop of crème fraiche. Fruit soup with whipped cream or ice cream.
B	Thick liquid	Smooth thick liquid such as <i>sour cream</i> . Drips off the spoon. Cannot be eaten with a fork. Creamier than a thin liquid.	Thick enriched meat, fish or vegetable soup with a dollop of crème fraiche. Thick fruit soup with whipped cream or ice cream.
DRINK TEXTURE		DESCRIPTIONS	
Drink		Start by giving only a small amount of liquid with a teaspoon to see if the patient can swallow the chosen texture without coughing. Please use caution! Most people with swallowing difficulties or dysphagia prefer to drink thick liquids. However, some people with dysphagia manage to drink carbonated beverages.	