

Dysphagia Diet Food Texture Descriptors

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NHS

National Patient Safety Agency



Dysphagia Diet Food Texture Descriptors

What are these descriptors?

These descriptors detail the types and textures of foods needed by individuals who have oro-pharyngeal dysphagia (swallowing difficulties) and who are at risk of choking or aspiration (food or liquid going into their airway). The descriptors provide standard terminology to be used by **all health professionals and food providers** when communicating about an individual's requirements for a texture modified diet. The food textures are:

- B = Thin Purée Dysphagia Diet
- C = Thick Purée Dysphagia Diet
- D = Pre-mashed Dysphagia Diet
- E = Fork Mashable Dysphagia Diet

Fluids are not currently included in these descriptors. The following guidance is suggested for information on thickened fluids:

<http://www.gcu.ac.uk/sndri/pdf/consistency/100505FluidThickening.pdf>
and

<http://www.speechpathologyaustralia.org.au/resources/terminology-for-modified-foods-and-fluids>

Who developed the Descriptors?

The descriptors were developed by the National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group in association with Cardiff and Vale University Health Board. This group included representatives from nursing, speech and language therapy, dietetics, hospital catering and industry. These descriptors **replace** previous versions that were developed by the British Dietetic Association (BDA) and Royal College of Speech and Language Therapists (RCSLT). These new 2011 descriptors have been endorsed by the BDA, RCSLT, Hospital Caterers Association (HCA) and the National Nurses Nutrition Group (NNG).

Consultation has taken place with representatives from a wide range of manufacturers of dysphagia products throughout the development process.

Why were the descriptors developed?

The descriptors were developed in response to concerns relating to patient safety and a request from industry and in-house caterers for detailed guidance on categories of texture.

What is the rationale for the Descriptors?

The descriptors were developed from both the 2002 British Dietetic Association/Royal College of Speech and Language Therapists National Descriptors for Texture Modification in Adults and the Cardiff and Vale University Health Board's 2010 interpretation of these original descriptors. The scientific evidence in this field is limited. These descriptors are therefore based on the best available current evidence, on texture descriptors produced internationally, and a consensus of expert opinion. As new evidence emerges these descriptors will need to be amended.

Why might individuals need a texture modified diet?

Individuals may need to eat a texture modified diet because a) they are generally unwell and need a 'soft diet', or b) they have oro-pharyngeal dysphagia. The Dysphagia Diet Food Texture Descriptors are for individuals who have oro-pharyngeal dysphagia. Food for individuals who are generally unwell can usually be available from the 'soft food' options on a menu.

An individual who has oro-pharyngeal dysphagia may be at risk of choking and/or aspiration of food into the lungs. They may also be at risk of being unable to eat sufficient food to maintain their weight and unable to drink sufficient fluid to maintain hydration. Children may additionally be unable to eat sufficient food to grow.

How is a texture modified dysphagia diet recommended?

A texture modified dysphagia diet will be prescribed following assessment by a speech and language therapist or other appropriately trained healthcare professional, e.g. a professional trained to a specialist level on the Inter-professional Dysphagia Competency Framework. The prescribing practitioner will use their clinical judgement to prescribe any additional textures on a case-by-case basis.

How is a texture modified dysphagia diet provided to individuals?

This will depend on where the person is living or staying. For individuals who are in hospitals or residential care the food may be prepared by in-house caterers, or may be produced by industry. In other settings the modified diet may be produced by the individual's family or carers, or may be provided by industry.

Can these descriptors be used with children?

These new descriptors have been developed to include the needs of children. The only change is the size of the pieces of meat included in texture E, the Fork Mashable Dysphagia Diet. Following an individual child's assessment, a speech and language therapist may prescribe the Fork Mashable Dysphagia Diet, and will give specific guidance to parents and carers on the size of the meat particles based on the child's swallowing skills, their age and their development level. School caterers may also use these descriptors in conjunction with speech and language therapists and school staff.

What consistencies should all care settings provide?

It is envisaged that all care settings will have 2 available textures:

*Texture C (Thick Purée Dysphagia Diet) and
Texture E (Fork Mashable Dysphagia Diet)*

Texture D (Pre-mashed Dysphagia Diet) may be required routinely in some care settings: this should be agreed locally. Similarly some setting may routinely require Texture B (Thin Purée Dysphagia Diet).

Individual patients may require variation to one of these textures – this will be prescribed on an individual basis by a speech & language therapist following individual assessment.

What does this document include?

- Specific standards for each texture B, C, D and E.
- Audit checklists so that the food can be measured against the standards for each texture.

These sheets were designed for food producers, but may be useful for staff teaching and training.

Additional recommendations

The following recommendations are made by the NPSA Dysphagia Expert Reference Group:

- A review of the descriptors for thickened fluids should be undertaken
- Members of the Dysphagia Expert Reference Group should be involved in the review of the descriptors for thickened fluids
- Industry should be consulted with as part of the review of thickened fluids
- All professional organisations should encourage their members to comply with the terminology and language used within this document
- A pictorial training aid should be developed to support these Dysphagia Diet Food Texture Descriptors
- Industry is encouraged to review their packaging of texture modified foods to reflect the colour codes used for each texture descriptor within this document.

This document will be reviewed in two years from date of issue.

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Dysphagia Diet Food Texture Descriptors

B Thin Purée Dysphagia Diet B

General description:

- Food has been puréed or has purée texture. It does not require chewing.
- It is a *thin* purée (*please see note below).
- It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skins, bits of husk, particles of gristle/bone etc). It may need to be sieved to achieve this.
- It may have a *fine* 'textured' quality as long as the bolus remains cohesive in the mouth.
- It is moist.
- Any fluid in or on the food is as thick as the purée itself.
- There are no loose fluids that have separated off.
- The texture is not sticky in the mouth.
- No garnish.

Check before serving/eating:

- No hard pieces, crust or skin have formed during cooking/heating/standing.
- It has not thinned out and any liquid within the food has not separated off.

Note: No ice cream or jelly unless advised as suitable by speech & language therapist on an individual basis.

*Note – definition of 'thin' purée

Does not hold its shape on a plate or when scooped.

Cannot be eaten with a fork because it slowly drops through the prongs.

The prongs of a fork do not make a clear pattern on the surface.

It can not be piped, layered or moulded.

Can be poured.

'Spreads out' if spilled. A light, disposable plastic teaspoon must be able to stand upright when the head is fully covered.

If it does not do this, the texture is too thin.

Dysphagia Diet Food Texture Descriptors

C Thick Purée Dysphagia Diet C

General description:

- Food has been puréed or has purée texture. It does not require chewing.
- It is a *thick* purée (*please see note below).
- It is smooth throughout with no 'bits' (*no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc.*) It may need to be sieved to achieve this.
- It may have a fine 'textured' quality as long as the bolus remains cohesive in the mouth.
- It is moist.
- Any fluid in or on the food is as thick as the purée itself.
- There is no loose fluid that has separated off.
- The texture is not sticky in the mouth.
- It is not rubbery.
- No garnish.

Check before serving/eating:

- No hard pieces, crust or skin have formed during cooking/heating/standing.
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

See overleaf for more details

*Note – definition of 'thick' purée

Holds its shape on a plate or when scooped.

Can be eaten with a fork because it does not drop through the prongs.

The prongs of a fork make a clear pattern on the surface.

It can be piped, layered or moulded.

Cannot be poured. Does not 'spread out' if spilled.

Dysphagia Diet Food Texture Descriptors

Thick Purée Dysphagia Diet

C

C

Breakfasts and Desserts

- The texture of thick smooth porridge made from powder (purée porridge) with no loose fluids
- The texture of wheat-biscuit breakfast cereal fully softened with milk fully absorbed
- The texture of thick blancmange or mousse with no 'bits'
- The texture of purée rice pudding
- There is no loose fluids
- There are no lumps
- Wheat-biscuit breakfast cereal has not fully softened
- Milk has not fully absorbed leaving loose fluid

Note: No ice cream or jelly unless advised as suitable by speech and language therapist on an individual basis.

Dysphagia Diet Food Texture Descriptors

D Pre-Mashed Dysphagia Diet D

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).
- No mixed (thick-thin) textures. No loose fluid.
- No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits.
- No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grapes. No husks.
- No skin, bone or gristle.
- No round or long-shaped foods e.g. sausages, grapes, sweets. No hard chunks e.g. pieces of apple.
- No sticky foods e.g. cheese chunks, marshmallows.
- No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves.
- No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon.

Check before serving/eating:

- No hard pieces, crust or skin have formed during cooking/heating/standing.
 - Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.
- See overleaf for more details*

*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 –SLT to advise on an individual basis.

SLT = Speech and Language Therapists

1. 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.

Dysphagia Diet Food Texture Descriptors

D

Pre-Mashed Dysphagia Diet

D

In addition to the general description overleaf:

- **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).

Dysphagia Diet Food Texture Descriptors

E

Fork Mashable Dysphagia Diet

E

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 (*please see note below).
- No mixed (thick-thin) textures. No thin loose fluid.
- No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits.
- No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grapes. No husks.
- No skin, bone or gristle.
- No round or long-shaped foods e.g. sausages, grapes, sweets. No hard chunks e.g. pieces of apple.
- No sticky foods e.g. cheese chunks, marshmallows.
- No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves.
- No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon.

Check before serving/eating:

- No hard pieces, crust or skin have formed during cooking/heating/standing.
- Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

See overleaf for more details

*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.

Those on Texture E must therefore be able to cope with thinner fluids – stage 2.

Thinner *single* texture foods maybe suitable if a person is on thinner fluids –SLT to advise on an individual basis.

SLT = Speech and Language Therapist

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

Dysphagia Diet Food Texture Descriptors

E Fork Mashable Dysphagia Diet E

In addition to the general description overleaf:

- **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.

For children

Specific guidance on the size of the food particles, especially meat based on the child's swallowing skills, their age and their development level will be provided by a speech and language therapist following individual assessment.

- **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 overleaf 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 hard lumps (soft tender lumps no bigger than 15mms are acceptable).

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* (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 *thick* smooth yogurt (fork mashable or soft tender pieces of fruit no bigger than 15mms are acceptable). 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*. (If the texture of the dessert is single it could be served thinner if the 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).

Thin Purée Dysphagia Diet

| | | | |
|--|------|------|------------|
| Food has been puréed or has purée texture | Pass | Fail | Borderline |
| It does not require chewing | Pass | Fail | Borderline |
| It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc) | Pass | Fail | Borderline |
| It may have a fine 'textured' quality as long as the bolus remains cohesive in the mouth | Pass | Fail | Borderline |
| It is moist | Pass | Fail | Borderline |
| Any fluid in or on the food is as thick as the purée itself | Pass | Fail | Borderline |
| There is no loose fluid that has separated off | Pass | Fail | Borderline |
| The texture is not sticky in the mouth | Pass | Fail | Borderline |
| No garnish | Pass | Fail | |
| No hard pieces or crusts have formed during cooking/heating | Pass | Fail | |
| It has not thinned out and any liquid within the food has not separated off | Pass | Fail | |
| TEXTURE CHECK | | | |
| Does not hold its shape on a plate or when scooped | Pass | Fail | Borderline |
| Can not be eaten with a fork because it slowly drops through the prongs | Pass | Fail | Borderline |
| The prongs of a fork do not make a clear pattern on the surface | Pass | Fail | Borderline |
| It cannot be piped, layered or moulded | Pass | Fail | Borderline |
| 'Spreads out' if spilled | Pass | Fail | Borderline |
| A light, disposable plastic teaspoon is able to stand upright when the head is fully covered | Pass | Fail | Borderline |

Thick Purée Dysphagia Diet

C

| | | | |
|--|------|------|------------|
| Food has been puréed or has purée texture | Pass | Fail | Borderline |
| It does not require chewing | Pass | Fail | Borderline |
| It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc) | Pass | Fail | Borderline |
| It has a fine 'textured' quality and the bolus remains cohesive in the mouth | Pass | Fail | Borderline |
| It is moist | Pass | Fail | Borderline |
| Any fluid in or on the food is as thick as the purée itself | Pass | Fail | Borderline |
| It is not rubbery | Pass | Fail | Borderline |
| There is no loose fluid that has separated off | Pass | Fail | Borderline |
| The texture is not sticky in the mouth | Pass | Fail | Borderline |
| No garnish | Pass | Fail | |
| No hard pieces or crusts have formed during cooking/heating | Pass | Fail | |
| It has not thinned out and any liquid within the food has not separated off | Pass | Fail | |
| TEXTURE CHECK | | | |
| Holds its shape on a plate or when scooped | Pass | Fail | Borderline |
| Can be eaten with a fork because it does not drop through the prongs | Pass | Fail | Borderline |
| The prongs of a fork make a clear pattern on the surface | Pass | Fail | Borderline |
| It can be piped, layered or moulded | Pass | Fail | Borderline |
| Cannot be poured | Pass | Fail | Borderline |
| Does not 'spread out' if spilled | Pass | Fail | Borderline |

Thick Purée Dysphagia Diet

C

Breakfasts and Desserts

| | | | |
|---|------|------|------------|
| The texture of thick smooth porridge made from powder (purée porridge) with no loose fluids | Pass | Fail | Borderline |
| The texture of wheat-biscuit breakfast cereal fully softened with milk fully absorbed | Pass | Fail | Borderline |
| The texture of thick blancmange or mousse with no 'bits' | Pass | Fail | Borderline |
| The texture of purée rice pudding | Pass | Fail | Borderline |
| There are no loose fluids | Pass | Fail | Borderline |
| There are no lumps | Pass | Fail | Borderline |

Pre-Mashed Dysphagia Diet

D

| | | | |
|---|------|------|------------|
| Food is soft, tender and moist | Pass | Fail | Borderline |
| Needs very little chewing | Pass | Fail | Borderline |
| It has been mashed up with a fork before serving | Pass | Fail | Borderline |
| It has a very thick smooth (non-pouring) sauce, gravy or custard | Pass | Fail | Borderline |
| Any fluid, gravy or custard in or on the food is very thick | Pass | Fail | Borderline |
| No mixed (thick-thin) textures | Pass | Fail | Borderline |
| No loose fluid | Pass | Fail | Borderline |
| No hard, tough, chewy, fibrous, stringy, dry, crispy crunchy or crumbly bits | Pass | Fail | Borderline |
| No pips, seeds, pith/inside skin | Pass | Fail | Borderline |
| No skins or outer shells eg. on peas, grapes | Pass | Fail | Borderline |
| No husks | Pass | Fail | Borderline |
| No skin, bone or gristle | Pass | Fail | Borderline |
| No round or long shaped foods eg. sausages, grapes, sweets | Pass | Fail | Borderline |
| No hard chunks eg. pieces of apple | Pass | Fail | Borderline |
| No sticky foods eg. cheese chunks, marshmallows | Pass | Fail | Borderline |
| No 'floppy' foods eg. lettuce, cucumber, uncooked baby spinach leaves | Pass | Fail | Borderline |
| No juicy food where juice separates off in the mouth to a mixed texture eg. water melon | Pass | Fail | Borderline |
| No hard pieces or crusts have formed during cooking/heating | Pass | Fail | Borderline |
| Liquid/gravy/sauce/custard in or on the food, has not thinned out or separated off | Pass | Fail | Borderline |

Pre-Mashed Dysphagia Diet

D

| TEXTURE CHECK | | | |
|---|------|------|------------|
| It must be in a pre-mashed state when it reaches the client | Pass | Fail | Borderline |
| Any fluid, gravy, sauce or custard in or on food must be very thick - it holds its shape on a plate or when scooped, cannot be poured and does not 'spread out' if spilled. | Pass | Fail | Borderline |
| FOOD SPECIFIC | | | |
| Meat | | | |
| Is finely minced - pieces approximately 2mms | Pass | Fail | Borderline |
| No hard bits of mince | Pass | Fail | Borderline |
| Serve in a very thick, smooth (non pouring) sauce or gravy | Pass | Fail | Borderline |
| If it cannot be finely minced it should be puréed (to texture C) | Pass | Fail | Borderline |
| Fish | | | |
| Is finely mashed and in a very thick, smooth (non-pouring) sauce or gravy | Pass | Fail | Borderline |
| Fruit | | | |
| Is served mashed | Pass | Fail | Borderline |
| Juice that has separated has been drained away | Pass | Fail | Borderline |
| Casserole/Stew/Curry | | | |
| Is very thick | Pass | Fail | Borderline |
| Contains meat, fish or vegetables prepared as required for the texture | Pass | Fail | Borderline |

Pre-Mashed Dysphagia Diet

D

| | | | |
|--|------|------|------------|
| CEREAL | | | |
| Is the texture of <i>very thick</i> smooth porridge with no lumps | Pass | Fail | Borderline |
| Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed | Pass | Fail | Borderline |
| Any milk/fluid must not separate off (ie. no thin loose fluid/no mixed (thick-thin) textures | Pass | Fail | Borderline |
| Overall texture is <i>very thick</i> | Pass | Fail | |
| DESSERTS | | | |
| The texture of thick smooth yogurt (no bits) or stewed apple in <i>very thick</i> custard | Pass | Fail | Borderline |
| Or texture of soft sponge cake with smooth filling, fully softened with <i>very thick</i> smooth custard | Pass | Fail | Borderline |
| Overall the texture must be <i>very thick</i> | Pass | Fail | |

Fork Mashable Dysphagia Diet

E

| | | | |
|---|------|------|------------|
| Food is soft, tender and moist | Pass | Fail | Borderline |
| Needs some chewing | Pass | Fail | Borderline |
| It can be mashed with a fork | Pass | Fail | Borderline |
| Any fluid, gravy, sauce or custard in or on the food is <i>thick</i> | Pass | Fail | Borderline |
| No mixed (thick-thin) textures | Pass | Fail | Borderline |
| No thin loose fluid | Pass | Fail | Borderline |
| No hard, tough, chewy, fibrous, stringy, dry, crispy crunchy or crumbly bits | Pass | Fail | Borderline |
| No pips, seeds, pith/inside skin | Pass | Fail | Borderline |
| No skins or outer shells eg. on peas, grapes | Pass | Fail | Borderline |
| No husks | Pass | Fail | Borderline |
| No skin, bone or gristle | Pass | Fail | Borderline |
| No round or long shaped foods eg. sausages, grapes, sweets | Pass | Fail | Borderline |
| No hard chunks eg. pieces of apple | Pass | Fail | Borderline |
| No sticky foods eg. cheese chunks, marshmallows | Pass | Fail | Borderline |
| No 'floppy' foods eg. lettuce, cucumber, uncooked baby spinach leaves | Pass | Fail | Borderline |
| No juicy food where juice separates off in the mouth to a mixed texture eg. water melon | Pass | Fail | Borderline |
| No hard pieces or crusts have formed during cooking/heating | Pass | Fail | |
| Liquid/gravy/sauce/custard in or on the food, has not thinned out or separated | Pass | Fail | |

Fork Mashable Dysphagia Diet

E

| | | | |
|--|------|------|------------|
| TEXTURE CHECK | | | |
| Mashed easily using a fork at point of service/consumption | Pass | Fail | Borderline |
| Any fluid, gravy, sauce or custard in or on food must be thick - a light disposable plastic teaspoon stands upright when the head is fully but just covered. | Pass | Fail | Borderline |
| FOOD SPECIFIC | | | |
| Meat | | | |
| Pieces of soft tender meat must be served no bigger than 15mms <i>or</i> serve meat finely minced | Pass | Fail | Borderline |
| No hard bits of mince | Pass | Fail | Borderline |
| Serve in a <i>thick</i> , smooth sauce or gravy | Pass | Fail | Borderline |
| FOR CHILDREN Specific guidance on the size of the food particles, especially meat, based on the child's swallowing skills, their age and their development level will be provided by a speech and language therapist following individual assessment | | | |
| Fish | | | |
| Is soft enough to break up into small pieces with a fork | Pass | Fail | Borderline |
| Fruit | | | |
| Juicy fruit is mashed | Pass | Fail | Borderline |
| Juice that has seperated has been drained off | Pass | Fail | Borderline |
| Casserole/Stew/ Curry | | | |
| Is <i>thick</i> | Pass | Fail | Borderline |
| Contains meat, fish or vegetables prepared as required for the texture | Pass | Fail | Borderline |
| Meat, fish or vegetables are fully mixed in | Pass | Fail | Borderline |

Fork Mashable Dysphagia Diet

E

| CEREAL | | | |
|---|------|------|------------|
| Is the texture of thick smooth porridge with no hard lumps (soft tender lumps no bigger than 15mms are acceptable). | Pass | Fail | Borderline |
| Or the texture of fully softened wheat-biscuit breakfast cereal with milk fully absorbed | Pass | Fail | Borderline |
| Any milk/fluid must not separate off (ie. no thin loose fluid/no mixed (thick-thin) textures | Pass | Fail | Borderline |
| Overall texture is thick | Pass | Fail | |
| DESSERTS | | | |
| The texture of thick smooth yogurt (fork mashable of soft tender pieces of fruit no bigger than 15mms are acceptable) or stewed apple in <i>thick</i> custard | Pass | Fail | Borderline |
| Or texture of soft sponge cake with smooth filling, fully softened with thick smooth custard | Pass | Fail | Borderline |
| Overall the texture must be <i>thick</i> | Pass | Fail | |