

# Different Textures for Food and Drinks

SLT Team, LD Service, CFT August 2018

## 3 LIQUIDISED

(was B - Thin Puree)

Eat with a spoon, cannot be eaten with a fork (drips slowly in dollops through the prongs). No oral processing or chewing required, can be swallowed directly. Can be poured. Cannot be piped, layered or moulded on a plate (doesn't hold shape). Smooth texture with no bits or liquid separating off (no lumps, fibres, bits of shell or skin, husk, particles of gristle or bone).

**NB: This texture mirrors Level 3 Moderately Thick Fluids**



## 4 PUREED

(was C - Thick Puree)

Usually eaten with a spoon, although a fork is possible (does not drip through the prongs). Does not require chewing. Shows some very slow movement under gravity, but cannot be poured. Can be piped, layered and moulded (holds shape on a plate). Falls off spoon in a single spoonful when spoon tilted. Smooth texture with no lumps, not sticky and no liquid separating off.

**NB: This texture mirrors Level 4 Extremely Thick Fluids**



## 5 MINCED & MOIST

(was D - Pre-Mashed)

Can be eaten with a fork or spoon. Biting not required, minimal chewing required. Soft and moist with no separate thin liquid, can be easily mashed with the back of a fork using little pressure. Small lumps visible within the food (lumps are easy to squash with the tongue and are no bigger than 2mm - approximate width of individual slot/gap between prongs of a standard fork). When pressed with a fork, food particles are easily separated between and come through the prongs of a standard fork.



## 6 SOFT & BITE-SIZED

(was E - Fork Mashable)

Can be eaten with a fork or spoon (a knife is not required to cut this texture but may be used to help load fork/spoon). Chewing is required, biting is not required. Can be cut/broken down with pressure from fork or spoon. Food pieces are bite-sized – no bigger than 8mm x 8mm. Soft, tender and moist throughout, but with no separate thin liquid.



## 7 REGULAR

(was Normal)

Normal, everyday foods of various textures (including high risk food textures). Any method may be used to eat. No restriction on particle size.

Examples of wording that may be used where someone can manage more than Level 6 but less than Level 7:

- **Easy to chew**
- **Avoid/modify high risk food textures**
- **Cut food into bite-sized pieces**
- **Add extra moisture**

**High Risk food textures – Stringy/Fibrous** (e.g. pineapple, runner beans, celery) **Pips, seeds, pith, skins / outer shells, skin, bone, gristle** (e.g. vegetable and fruit skins, all types of bean, grapes, peas, sweetcorn) **Mixed** (e.g. cereal in milk, thin soup with bits, mince with thin gravy, juicy foods where fluid separates off in mouth) **Crispy/Crunchy** (e.g. toast, biscuits, splintery crisps, crackers, breadsticks) **Crumbly/Flaky** (e.g. bread and pie crusts, dry cake, biscuits, flaky pastry) **Dry** (e.g. bread, crackers, cake, biscuits) **Hard** (e.g. boiled sweets, nuts, raw apple) **Tough/Chewy** (e.g. toffee, steak, pork, bacon) **Sticky** (e.g. peanut butter, some cheeses, marshmallow) **Floppy** (e.g. lettuce, spinach, thin sliced processed meat) **Round or long shaped food pieces** (that can easily block the airway)

## 1 SLIGHTLY THICK

Thicker than water. Requires a little more effort to drink than thin liquids. Flows through a straw, syringe, teat/nipple.

## 2 MILDLY THICK

(was 'Syrup')

Sippable from a cup. Can be sucked through a standard straw, although effort is Required. Pours quickly from a spoon, but slower than thin drinks. Leaves a thin coat on the back of a spoon.



## 3 MODERATELY THICK

(was 'Custard')

Can be drunk from a cup. Considerable effort is required to suck through a standard straw. Can be taken with a spoon, but not with a fork as drips slowly in dollops through the prongs. Leaves a thick coat on the back of a spoon.



## 4 EXTREMELY THICK

(was pudding')

Cannot be drunk from a cup or sucked through a straw. Usually taken with a spoon, although a fork is possible. Shows some very slow movement under gravity but cannot be poured. Not sticky. Falls off spoon in a single spoonful when spoon tilted.

