

Texture Modified Menus (Dysphagia Meals)

These menus are used for people who are at clinical risk of choking because of their inability to swallow foods and fluids. Please make sure you offer the correct menu. The menu required is decided by a Speech & Language Therapist after undertaking a swallowing assessment. The Nurses will advise on which menu has been recommended and documented for each patient. If unsure please check.

| Level 3 | Level 4 | Level 5 | Level 6 |
|--|---|--|---|
|  |  |  |  |
| Liquidised | Pureed | Minced & Moist | Soft & Bite Sized |
| <ul style="list-style-type: none"> • Can be eaten with a spoon or drunk from a cup • Does not hold its shape on a plate or when scooped • Cannot be eaten with a fork as it slowly drips through the prongs • It cannot be piped, layered or moulded • It can be poured • It 'spreads out' if spilled • Effort is required to drink through a wide straw • No chewing required can be swallowed directly • No hard pieces, lumps, crust or skin | <ul style="list-style-type: none"> • Usually eaten with a spoon but can be eaten with a fork • Holds its shape on a plate or when scooped • Does not require chewing or biting • Can be piped, layered or moulded • Shows very slow movement under gravity but cannot be poured • Cannot be sucked through a straw • Does not 'spread out' if spilled • Smooth with no lumps and not sticky • No hard pieces, lumps, crust or skin | <ul style="list-style-type: none"> • Can be eaten with a fork or spoon • Soft and moist with no separate thin liquids leaking from food items • Minimal chewing is required • Biting not required • May have small easy to break up lumps within food material • Holds its shape on a spoon but falls off easily if tilted • Must not be firm or sticky • No hard pieces, lumps, crust or skin | <ul style="list-style-type: none"> • Can be eaten with a fork, spoon or chopsticks • Food is soft, tender and moist throughout with no separate thin liquids leaking from food items • It can be mashed with a fork at the point of service / consumption • Knife not required to cut up • Chewing is required before swallowing • Biting is not required • No hard pieces, lumps, crust or skin |

Please note:

- 'Easy to chew (EC)' coded items on the core menus are normal, everyday foods of soft / tender textures in easy to chew pieces and are suitable for people with chewing difficulties, NOT swallowing difficulties.
- The colour used above and on the menus corresponds with the colours used on labelling on the texture modified meals