Modified Texture Diets

Guidelines for: _________________
Date: __________________________
Dietitian: _______________________
Phone: __________________________
These guidelines are for people who have difficulty chewing or are recovering from oral or facial surgery and cannot eat foods of regular texture.

If you are recovering from oral or facial surgery your physician will let you know when you can progress through these textures and/or resume a regular diet. Please ask at your follow up appointment.

**Staying Healthy**

Eating a variety of foods is important for maintaining a healthy and balanced diet. Choose fruits and vegetables more often than juices and have whole grains whenever possible to maintain fiber intake. Drink plenty of fluids to avoid dehydration unless advised otherwise by your physician.

If you are on a blenderized diet you may need to eat more often and drink nutritional supplements to prevent weight loss. To maintain protein intake you may choose to use protein powders or skim milk powder in purees or blenderized foods.

A daily multivitamin with minerals tablet may help you while it is difficult to eat a balanced diet. Examples include Centrum Forte®, Centrum Select®, and Jamieson Regular Vita-Vim™.

**Types of Modified Texture Diets**

The texture recommended for you is

- **Blenderized**
- **Pureed**
- **Minced**
- **Soft**

- **Blenderized foods** are pureed foods that are thinned with additional liquid so that they can be consumed without chewing. Some items will also need to be strained through a sieve to remove small pieces. These foods can be sipped from a cup or spoon or consumed using a syringe. Straws should be avoided for one week following surgery.

- **Pureed foods** have a smooth consistency and do not require chewing. You will need a blender or food processor to puree most soft solids. Liquids such as water, juice, milk, nutritional supplements, or broth should be added to the puree to achieve the desired consistency.

- **Minced foods** are finely chopped, grated, or mashed. Foods should be moist, naturally or from the addition of liquids or sauces, and require minimal chewing.

- **Soft foods** are easy to chew. Foods should be thinly sliced, well cooked, or moistened with extra liquids. Hard, crunchy, or dry foods should be avoided.
<table>
<thead>
<tr>
<th>Types of Food</th>
<th>Foods to Allow or Modify</th>
<th>Foods to Avoid</th>
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</thead>
<tbody>
<tr>
<td>Vegetables &amp; Fruit</td>
<td><strong>Puree:</strong> soft (eg. banana, avocado), cooked or canned fruits &amp; vegetables</td>
<td><strong>Allow:</strong> soft, cooked or canned fruits and vegetables</td>
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<td></td>
<td><strong>Mince:</strong> soft, cooked or canned fruits &amp; vegetables</td>
<td><strong>Foods to Avoid:</strong> raw, hard or dried fruits &amp; vegetables; fruits &amp; vegetables with tough seeds, or skins; coconut, grapes</td>
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<td><strong>Allow:</strong> cooked cereal, pasta or rice, couscous</td>
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<tr>
<td>Grain Products</td>
<td><strong>Puree:</strong> cooked cereal, pasta or rice; cold cereal, bread or muffins soaked in fluid</td>
<td><strong>Allow:</strong> french toast, pancakes and waffles, croissants, soft breads, rolls, pita, tortilla, roti, perogies, stuffed pasta, lasagna</td>
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<td><strong>Allow:</strong> cream of wheat</td>
<td>**coarse breads, crackers, dry cereal, bagels; cereal or baked goods with nuts, seeds or dried fruits; granola</td>
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<tr>
<td>Milk &amp; Alternatives</td>
<td><strong>Puree:</strong> cottage cheese <strong>Allow:</strong> milk or fortified alternative beverages, ice cream, plain or smooth yogurt, milkshakes</td>
<td><strong>Allow:</strong> cottage cheese &amp; other soft cheeses, grated cheese, yogurt with small fruit pieces</td>
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<tr>
<td></td>
<td><strong>Allow:</strong> cottage cheese &amp; other soft cheeses, grated cheese, yogurt with small fruit pieces</td>
<td><strong>Foods to Avoid:</strong> yogurt with granola or large pieces of fruit</td>
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<tr>
<td></td>
<td><strong>Allow:</strong> cottage cheese &amp; other soft cheeses, grated cheese, yogurt with small fruit pieces</td>
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<tr>
<td>Meat &amp; Alternatives</td>
<td><strong>Puree:</strong> ground meats or poultry, fish, scrambled eggs, legumes, lentils, smooth peanut butter <strong>Allow:</strong> soft tofu</td>
<td><strong>Allow:</strong> eggs, legumes or lentils, firm tofu, fish, shaved or tender meats/poultry, grilled cheese sandwich, burgers, hot dogs</td>
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<td><strong>Mince:</strong> moist meats (eg. meatloaf) or poultry, egg omelette, soft cooked/moist legumes or lentils, medium tofu, fish <strong>Allow:</strong> crumbled bacon, sandwiches with soft fillings (remove crusts), casseroles in smooth sauces or gravies, scrambled eggs</td>
<td>**crunchy peanut butter, fish with bones, breaded or fried poultry, luncheon meats, raw eggs, sausage with hard casing, whole nuts or seeds</td>
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<td><strong>Allow:</strong> moist meats (eg. meatloaf) or poultry, egg omelette, soft cooked/moist legumes or lentils, medium tofu, fish <strong>Allow:</strong> crumbled bacon, sandwiches with soft fillings (remove crusts), casseroles in smooth sauces or gravies, scrambled eggs</td>
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<tr>
<td>Desserts</td>
<td><strong>Allow:</strong> smooth desserts (pudding, custard, mousses)</td>
<td><strong>Allow:</strong> see minced diet plus fruit cobbler, cream pies</td>
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<td></td>
<td><strong>Allow:</strong> see pureed diet plus rice or tapioca pudding, gelatin, soft cakes</td>
<td><strong>Foods to Avoid:</strong> desserts with seeds, nuts, or pieces of dried fruit; hard candy</td>
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</tbody>
</table>
Pureed & Blenderized Diet Tips

- Some soft foods (e.g. ripe banana, avocado) can be mashed with a fork, to a uniform consistency without any lumps or solid pieces.
- Cook meat only until tender, over cooking foods makes them hard to puree. Puree while still warm and use about ¼ cup (60 ml) of broth for each 3 ounces (90 g) cooked meat.
- Gravy, broth, sauces or the cooking liquid from pasta or vegetables can be used to puree meat, poultry, pasta, rice and some casseroles.
- Milk, liquid nutritional supplements, juice, or water can be added to breads, cereals and desserts to moisten these foods prior to pureeing. Add 1-2 Tbsp at a time.
- Add sweeteners (eg. honey, jam), seasoning (herbs, spices), sauces (e.g., tomato sauce) or smooth condiments (e.g., ketchup, mustard) to enhance flavours.
- Add instant coffee powder to reduce the sweetness of nutritional supplements and milkshakes.
- Test the temperature of hot foods before you eat them.
- To keep food safe, refrigerate or freeze prepared foods within one hour of preparation. Try freezing in single portions or in an ice cube tray for easier use later.
- Only reheat the amount of food you want for your meal as any food that has been reheated, but not eaten, must be discarded.

Quick Snack Ideas*

- pudding or custard
- ice cream
- smooth yogurt
- applesauce
- heat and serve soups
- baby food
- hummus, baba ganoush
- dessert tofu

*thin with water, juice or milk when needed

Pureed Meal Recipes

Breakfast Combo

½ cup (125 ml) hot milk
1 large egg, cooked
¼ slice toast
2 teaspoons (10 ml) sugar
dash nutmeg

Pour milk into a blender and add toast. When toast is soft, add egg, sugar and nutmeg. Blend until smooth.

Meat Loaf

3 oz (90 g) meat loaf
1 small potato, cooked
1 medium carrot, cooked
2 tablespoons (30 ml) gravy
1 cup (250 ml) beef broth

Combine all ingredients in a blender and blend until smooth.
**Blender Drinks**

- For extra nutrition add a package of Carnation® Breakfast Essentials™ or substitute one container of Boost® or Ensure® for the milk. Choose high fat yogurts and ice creams for extra calories.

**Fruit Yogurt Shake**

1 cup (250 ml) fruit (fresh, frozen, or canned)
1 cup (250 ml) plain yogurt or soft tofu
1 cup (250 ml) milk or soy milk
1 tablespoon (15 ml) honey

Combine all ingredients in a blender and mix until smooth.

**Chocolate Monkey Shake**

1 cup chocolate milk
2 scoops vanilla frozen yogurt
1 banana
2 tablespoons smooth peanut butter

Combine all ingredients in a blender and mix until smooth.

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