



Irish Nutrition and Dietetic Institute

Irish
Consistency Descriptors
for
Modified Fluids and Food

CONSENSUS DOCUMENT

November 2009

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1.0 Introduction

The Irish Association of Speech and Language Therapists (IASLT) and the Irish Nutrition and Dietetic Institute (INDI) have come together to develop a national consensus document regarding the terminology used in the dietary management of patients with dysphagia.

This consensus document is the first step in standardising the terminology used to describe food and fluid consistencies in the Republic of Ireland (hereafter known only as Ireland). It aims to both facilitate communication and reduce ambiguity between Speech and Language Therapists, Dietitians, other healthcare professionals, patients, and their families/carers.

This document has been drafted following investigation of current practices in Ireland and abroad. The survey of current practice in Ireland identified a wide range of terms which are used to describe modified fluids and food. This highlighted the need for standardised terminology of consistencies in Ireland to improve communication between all relevant professions, therefore ensuring safety for patients. The terminologies suggested in this document have been adapted from the 'Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids' (Dietitians Association of Australia and the Speech Pathology Association of Australia Ltd, 2007) ¹, to best fit with our needs and the needs of our patients.

A review date of January 2011 is recommended.

2.0 Definitions (In the context of this document)

Dietitian: A recognised health care professional who will provide recommendations to ensure that individuals who require texture-modified diets are able to meet their nutrition and hydration needs (via oral and/or enteral nutrition).

Dysphagia: A swallowing disorder characterized by difficulty in oral preparation for the swallow, or in moving material from the mouth to the stomach. This also includes problems in positioning food in the mouth. (www.neuroskills.com/tbi/hdi/gld.shtml)

Modified fluids indicate fluids to which there has been an addition of a commercially available thickener.

Speech and Language Therapist: A recognised health care professional who will assess an individual to establish the severity of dysphagia and determine the level of food and fluid texture modification required.

¹ Dietitians Association of Australia and The Speech Pathology Association of Australia Ltd. (2007). Australian Standardised Terminology and Definitions for Texture Modified Foods and Fluids. *Nutrition and Dietetics*, 64 (Suppl 2), May.

3.0 The Development Process

This document has been developed by a working group, comprising of both Speech and Language Therapists and Dietitians. The selection process for members of this group differed. INDI nominated members to the working group. IASLT asked for volunteers to form a consultation group. Members of the working group were chosen from this group. The working group aimed to have representation from as many different healthcare settings as possible.

Members of the working group were:

- Anne Healy, Senior Speech and Language Therapist, St Joseph's Rehabilitation unit and Beaumont Hospital, Dublin.
- Aisling McHugh, Clinical Specialist Dietitian, St James Hospital, Dublin.
- Nicole Kennedy, Senior Speech and Language Therapist, St James Hospital, Dublin.
- Louise Heavey, Senior Speech and Language Therapist, Our Lady's Children's Hospital, Crumlin, Dublin.
- Niamh Ruddle, Clinical Specialist Speech and Language Therapist, St. Camillus' Hospital, Limerick.
- Bronagh O'Brien, Locum Speech and Language Therapy Manager, Central Remedial Clinic, Clontarf, Dublin.
- Barbara Shinnors, Senior Dietitian, Cherry Orchard Hospital, Ballyfermot, Dublin.
- Mairead O'Sullivan, Senior Dietitian, CRC, Waterford.
- Niamh Maher, Senior Dietitian, HSE Dublin North East, Dublin.

Following an initial meeting of the working group, an online survey was sent to both professions in a wide variety of practice settings. This survey aimed to gather information on current practice in relation to terminologies for modified consistency food and fluids.

Given the limited time scale available for this work, there was not sufficient time or resources to complete a full literature review and develop a system based on this literature review. It was therefore decided to review the systems available internationally. This review involved an examination and group discussion of the literature pertaining to each system. The two systems which received the most consideration were the Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids ¹ and the National Descriptors for Texture Modification in Adults ²⁶, which is in use in the United Kingdom. A number of practical sessions were held where food and fluids were modified and matched to the terminologies proposed by the international systems.

Following this review, it was decided that the Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids ¹ offered a system which was more up to date and based on a more robust evidence base. Also the Australian guidelines offered a system based on description of the end point consistency required. At present professionals in the Republic of Ireland may be more familiar with the U.K National Descriptors for Texture Modification in Adults ²⁶. The Australian system was also deemed suitable to adapt for use within the Irish setting.

However in order to make the Australian guidelines more specific to Ireland, some modifications were deemed necessary. Permission to make these changes was requested and granted by both The Speech Pathology Association of Australia and The Dietitians Association of Australia. The tables in this document are also reproduced with permission, from the Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids ¹.

4.0 Context

The aim of this document is to provide a common language for the description of all food and fluid consistencies required to manage the different types of dysphagia. This will benefit both the patient and the professionals managing their care. In addition, it will lead to improved understanding at conferences, meetings and when transferring patients between care settings.

This document is for use by any healthcare professional and family/carers who are involved in the management of people with dysphagia. This document applies to both adult and paediatric populations, in all settings including acute care hospitals, rehabilitation hospitals/units, long stay hospitals/units, primary care, intellectual disability services and physical disability services. The management of dysphagia using texture modified diets and/or fluids must be carried out by suitably qualified Speech and Language Therapists and Dietitians. All other personnel must be trained to ensure that these subjective consistencies are produced to a standard and are reliable in their production.

This document is intended to be used as a reference document, providing guidance in relation to terminology only.

This document does not aim to

- Provide clinical guidelines in relation to when to use specific modified diets.
- Provide instructions on the exact amounts of thickener required to achieve a particular consistency.
- Provide instructions on achieving adequate nutritional or fluid intake for patients with dysphagia.

The decision to use this document will be made at a local level. It is hoped that this document will stimulate multidisciplinary discussion of the topic at local level and will also serve as a reference point when adapting or producing local documentation.

Both IASLT and INDI recognise and endorse this document.

5.0 Background to the Australian Standards

The Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids ¹ were developed through a consultation process with Dietitians and Speech and Language Therapists across Australia. The scales are a consensus standard agreed to by The Speech Pathology Association of Australia and the

Dietitians Association of Australia and are encouraged for use around Australia. The roles of the Speech and Language Therapist and the Dietitian in Ireland are comparable to that of Australia.

The Australian project did not address:

- Nutritional or hydrational adequacy of texture-modified diets, for example whether supplementary fluids may be required for individuals on thickened fluids.
- Development of guidelines for clinical application or outcomes
- Client acceptability of modified foods/fluids

The scales were developed to encourage standardisation of definitions and terminology across Australia and were intended to be applied within the policies, procedures and capacities of individual institutions under the direction of Dietitians and Speech and Language Therapists.

The Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids¹ consists of:

- Four levels of texture modification have been identified for fluids and foods – unmodified plus three modified levels. Each modified level has a dual label, one graded and one descriptive (e.g. Texture A – Soft or Level 150 – Mildly Thick). It is strongly encouraged that both labels be used.
- The Fluid Scale has three different colours to denote the three different modified levels. These colours are a recommendation and may be used at the discretion of individual institutions or commercial companies to help identify more clearly the different levels of fluid thickness.
- The levels noted in these scales occur on a continuum from unmodified to most modified. The scales do not relate to a scale across which an individual should travel or progress, but rather a scale across which a fluid or food item might travel as it becomes more modified.

There has been some modification to these labels to suit the Irish context. All modifications made are discussed in section 6.0.

For full information in relation to the Australian Standardised Definitions and Terminology for Texture Modified foods and Fluids, please refer to the following article:

Dietitians Association of Australia and the Speech Pathology Association of Australia Ltd. Texture modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions. *Nutrition and Dietetics* 2007, 64 (Suppl. 2): S53-S76.

6.0 Modifications made to the Australian standards.

In the main, the terminology and definitions provided in Appendix 1 are exactly as presented in the Australian document. However, some modifications have been made in order to adapt this work for use in an Irish Context.

The modifications made are:

- Food texture modification grading scale for the clinical management of dysphagia.
 - Addition of ‘Texture D – Liquidised’. This texture does not exist in the original Australian standards. The descriptions provided under this texture are referenced appropriately.
- Addition of foods common in Ireland and removal of less common foods from recommended food lists in each diet texture. All additions are highlighted in ***Bold Italic*** font so alterations to the original Australian work are clear.
- Fluid thickness grading scale for the clinical management of dysphagia.
 - Remove level descriptors and replace with Grade 1, 2, 3 and 4.
 - Addition of ‘Grade 1 - Very Mildly Thick’, between ‘Unmodified – Regular Fluids’ and ‘Grade 2 - Mildly Thick’. This consistency is not included in the Australian standards. A decision was made to include this as our survey indicated this consistency is regularly used in Ireland.

7.0 Using the Irish consistency descriptors for food and fluids

The tables and scales provided in Appendix 2 provide terms and descriptors for fluids and foods which have been modified.

The scales provide the following information

- The names of each level of food texture modification and fluid thickness.
- A description of each of these levels.
- Characteristics of the food or fluids that would be appropriate for that level.
- Testing information is provided as a guide only.
- Examples of recommended foods and foods to avoid for each food texture level. This list is not exhaustive and provides general direction only.

It is important to note that the recommendations made in The Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids ¹ also apply to the Irish consistency descriptor for food and fluids:

- Five levels of texture modification are presented for fluids and foods: unmodified plus 4 modified levels. Each level has a dual label and it is recommended that both labels are used.
- The fluid scale has four different colours to denote the four different modified levels. These colours are a recommendation and may be used at the discretion of individual institutions to help identify more clearly the different levels of fluid thickness.
- The levels noted in these scales occur on a continuum from unmodified to most modified. These scales do not relate to a scale across which an individual should travel or progress, but rather a scale across which a fluid or food item might travel as it becomes more modified.
- The Speech and Language Therapists, Dietitians, and the institutions in which they work should use the levels they deem appropriate for their setting and client demographic.

These tables should be used as a reference for Speech and Language Therapists and Dietitians. They are not intended to be given to others who are involved in the management of dysphagia without appropriate accompanying training and information.

8.0 Future Work

This is the first step in the process of standardising terminologies used for modified diets and fluids in Ireland. This is a professional consensus statement and not clinical guidelines as the descriptors are not based on measures of viscosity. Future work is needed to determine the impact of different viscosities on the physiology of the swallow and so provide a clear evidence base from which to develop clinical guidelines.

A review date of 2011 is recommended for this document. This should involve a review of the successful use and the challenges faced in relation to this consensus document and the terminologies recommended.

9.0 Bibliography

The references listed below are taken directly from the work by the Dieticians Association of Australia and the Speech Pathology Association of Australia Limited¹. They are numbered as they were numbered in this published article in order to maintain the link between this consensus document and the Australian Standardised Definitions and Terminology for Texture- Modified foods and Fluids¹. These articles were not reviewed by this working group. This is not a list of all the references listed in the published article as not all references were cited in this consensus document. For the full bibliography please see:

1. Dieticians Association of Australia and the Speech Pathology Association of Australia Limited. Texture modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions. *Nutrition and Dietetics* 2007, 64 (Suppl. 2): S53-S76.
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43. Seidel JS, Gausche-Hill M. Lychee-flavoured gel candies. A potentially lethal snack for infants and children. *Arch Pediatr Adolesc Med* 2002; 156: 1120–22.
44. Carruth BR, Skinner JD, Feeding behaviour and other motor developments in healthy children (2-24 months). *J Am Coll Nuir* 2002; 21: 88-96.

APPENDIX I

Irish consistency descriptors for modified fluids and food – Frequently asked questions.

The tables and scales provide in Appendix 2 provide terms and descriptors for fluids and foods which have been modified. To assist in the use of this information, a number of frequently asked questions have been prepared.

Do all settings have to use this document?

No, but we would strongly encourage all settings to consider changing to the terminology recommended here. This document offers the potential to standardise communication in relation to dysphagia management, patient transfer between settings and research. It is appreciated that many settings will already have their own system so they may not wish to change.

If we don't change to the terminology suggested here, how do we use this document?

If you don't adopt the terminology suggested, this document can be used as a guide. If you are transferring a person who requires modified fluids or food between institutions, please refer to the terms used in this document. For example, in your report consider writing *'This person requires syrup consistency fluids. This consistency is the equivalent of Grade 2 - Mildly thick fluids in the Irish consistency descriptors document'*. (Please note this comparison is made for example purposes only. Syrup consistency fluids may not be the same as Grade 2 – Mildly Thick Fluids). Each setting must match the terms and descriptions provided here to their own system.

Why have specific amounts of thickener not been provided for the modified fluids grades?

As different settings use different brands of thickener, each of which requires different amount of their product to achieve a consistency, it is not possible to give specific information in relation to the amount of thickener to use. If you decide your setting needs this information, the testing information and the poster provided will assist you in determining the amount of thickener to use for each grade of modified fluid.

Will the fact that the terminology recommended here is different to the terms used on tins of thickener be a problem?

It is acknowledged that the terminology recommended in this document is different to those used on commercially available tins of thickener. Those terms are based on the National Descriptors for Texture Modification in Adults²⁶, which are in use in the United Kingdom. However, there is always some variation in the actual amount of thickener required to achieve the desired consistency. This is acknowledged on the labelling of some of the commercial thickeners.

As discussed in the consensus document, a decision was made by the working group to adopt the Australian Standardised Definitions and Terminology for Texture Modified Foods and Fluids ¹, in preference to the United Kingdom guidelines, as these guidelines offer a system based on description of the end point consistency required. These guidelines are also more up to date and are based on a more robust evidence base. Nutrition Companies have been consulted in relation to this document.

What is the difference between Grade 1 – Very Mildly Thick fluids and Grade 2 – Mildly Thick fluids?

These fluids are different in relation to their rate of flow and the amount of coating that they leave on the inside of a glass or on the prongs of a fork. A number of different characteristics and testing information have been provided in an effort to differentiate between these two consistencies. Unfortunately, as clinicians we do not have access to viscometers or reliable scales for testing viscosity. Therefore they are not included. The thickened fluid scales should be considered a continuum which moves from *Unmodified – Regular Fluids* to *Grade 4 - Extremely Thick Fluids* (that do not flow from a cup). *Grade 1 - Very Mildly Thick Fluids* and *Grade 2 – Mildly Thick Fluids* have an important place in this continuum and offer different consistency options for use with patients.

In the recommended food lists provided for each diet texture, are all food items listed?

No. These are lists of examples only. It is impossible to provide a detailed list of all the foods that are recommended or to be avoided, due to the variety of food types and cooking methods available. If a food should be avoided in one diet texture, then it should also be avoided in all the more modified texture diets. For example, food that should be avoided in *Texture A – Soft diet* should also be avoided in *Texture B – Minced and Moist diet*. Some of the foods listed for each diet texture may not be traditionally associated with that particular diet. Referring to the descriptions and characteristics of each diet texture should help clarify why a food may or may not be included.

Remember these are the lists provided in the Australian Standardised Definitions and Terminology for Texture - Modified foods and Fluids and the modifications we have made are in ***Bold Italic*** font.

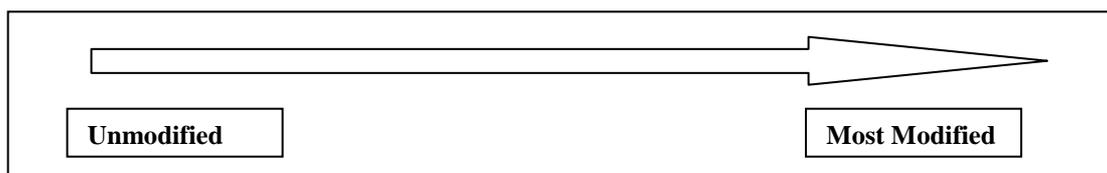
Where can I get copies of the consensus document, poster and FAQ leaflet?

The consensus document, poster and FAQ leaflet are all available for download from the IASLT and INDI websites: www.iaslt.ie and www.indi.ie

APPENDIX 2

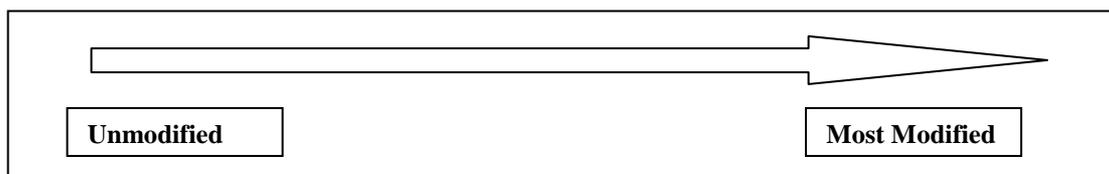
Food texture modification grading scale for the clinical management of dysphagia

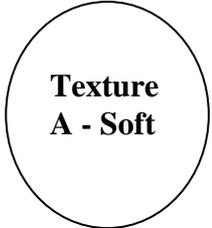
The following tables are reproduced (with permission) from the Dietitians Association of Australia and The Speech Pathology Association of Australia Limited ¹. Irish modifications to these tables are highlighted in ***Bold Italic*** font.



| | | | | |
|---|-----------------------------|---|--|-----------------------------------|
| Unmodified – Regular Foods | Texture A - Soft | Texture B – Minced and Moist | Texture C – Smooth Pureed | Texture D – Liquidised |
|---|-----------------------------|---|--|-----------------------------------|

| NAME | UNMODIFIED - REGULAR |
|---------------------------------------|--|
| Description | <ul style="list-style-type: none"> • These are everyday foods |
| Characteristics | <ul style="list-style-type: none"> • There are various textures of regular foods. Some are hard and crunchy, others are naturally soft. |
| Food inclusions and exclusions | <ul style="list-style-type: none"> • By definition all food and textures can be included. |



| | | | | |
|---|--|---|--|-----------------------------------|
| Unmodified – Regular Foods |  Texture A - Soft | Texture B – Minced and Moist | Texture C – Smooth Pureed | Texture D – Liquidised |
|---|--|---|--|-----------------------------------|

| NAME | TEXTURE A - SOFT |
|---------------------------------------|--|
| Description | <ul style="list-style-type: none"> • Food in this category may be naturally soft (e.g. ripe banana) or may be cooked or cut to alter its texture |
| Characteristics | <ul style="list-style-type: none"> • Soft foods can be chewed but not necessarily bitten • Minimal cutting required – easily broken up with a fork • Food should be moist or served with a sauce or gravy to increase moisture content (NB sauces and gravies should be served at the required thickness level) • Refer to <i>Special Notes (Page23)</i> |
| Food inclusions and exclusions | <ul style="list-style-type: none"> • Targeted particle size for children over 5 years and adults = 1.5 x 1.5cm^{10, 27, 30} • Targeted particle size for infants and children – less than half that for adults and children over 5 years or equal to 0.8cm (based on tracheal size)²⁸ |

Texture A – Soft

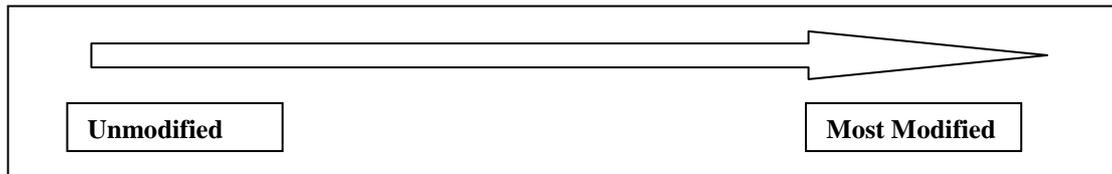
Recommended foods and those to avoid (Examples Only)

| | Recommended Foods | Avoid |
|--|---|--|
| Bread, cereals, rice, pasta, noodles | <ul style="list-style-type: none"> - Soft sandwiches ^(a) with very moist fillings, for example egg mayonnaise, hummus, tuna (remove crusts and avoid breads with seeds and grains). - Breakfast cereals well moistened with milk ^(b) - Soft pasta ^(a) and noodles - Rice (well cooked) - Soft pastry, for example quiche with a pastry base - Other, soft, cooked grains | <ul style="list-style-type: none"> - Dry or crusty breads, breads with hard seeds or grains, hard pastry, pizza. - Sandwiches that are not thoroughly moist. - Coarse or hard breakfast cereals that do not moisten easily, for example toasted muesli, bran cereals. - Cereals with nuts, seeds and dried fruit. - Crackers |
| Vegetables, legumes, <i>potatoes</i> | <ul style="list-style-type: none"> - Well cooked vegetables ^(a) served in small pieces or soft enough to be mashed or broken up with a fork. - Soft canned vegetables, for example peas - Well cooked legumes (the outer skin must be soft), for example baked beans - Soft roast potatoes and chips that have no hard edges and can be mashed with a fork | <ul style="list-style-type: none"> - All raw vegetables (including chopped and shredded) - Hard, fibrous or stringy vegetables and legumes, for example sweet corn, broccoli stalks. - Crispy roast potatoes, croquettes or chips that cannot be mashed with a fork |
| Fruit | <ul style="list-style-type: none"> - Fresh fruit pieces that are naturally soft, for example banana, well-ripened pear - Stewed and canned fruits in small pieces - Pureed fruit - Fruit juice ^(b) | <ul style="list-style-type: none"> - Large/round fruit pieces that pose a choking risk, for example whole grapes, cherries - Dried fruit, seeds and fruit peel - Dried fruits, for example pineapple |
| Milk, yoghurt, cheese | <ul style="list-style-type: none"> - Milk, milkshakes, smoothies ^(b) - Yoghurt (may contain soft fruit) ^(b) - Soft cheeses, ^(a) for example Camembert, Ricotta - Cheddar cheese if grated and melted but not hardened/crispy | <ul style="list-style-type: none"> - Yoghurt with seeds, nuts, muesli or hard pieces of fruit - Hard cheeses, for example, cheddar and hardened/crispy cooked cheese. |
| Meat, fish, poultry, eggs, nuts, legumes | <ul style="list-style-type: none"> - Casseroles with small pieces of tender meats ^(a) - Moist fish (easily broken up with the edge of a fork) - Eggs ^(a) (all types except fried) - Well cooked legumes (the outer skin must be soft), for example baked beans - Soft tofu, for example small pieces, crumbled | <ul style="list-style-type: none"> - Dry, tough, chewy or crispy meats - Meat with gristle - Fried eggs - Hard or fibrous legumes - Pizza |

| | | |
|---------------|--|--|
| Desserts | <ul style="list-style-type: none"> - Puddings, dairy desserts, ^(b) custards ^(b), yoghurt ^(b) and ice-cream ^(b) (may have pieces of soft fruit), Mousse, Jelly^(b) - Moist cakes (extra moisture, e.g. custard may be required) - Soft fruit-based desserts without hard bases, crumbly or flaky pastry or coconut, for example apple crumble with a soft crumble - Creamed rice, moist bread and butter pudding | <ul style="list-style-type: none"> - Dry cakes, hard biscuits, hard or flaky pastry, nuts, seeds, coconuts, dried fruit, pineapple |
| Miscellaneous | <ul style="list-style-type: none"> - Soup ^(b) (may contain small soft lumps, e.g. pasta) - Soft fruit jellies or non-chewy sweets - Soft, smooth chocolate - Jams and condiments without seeds or dried fruit - Soft Biscuits | <ul style="list-style-type: none"> - Soups with large pieces of meats or vegetables, corn or rice - Sticky or chewy foods for example toffee - Popcorn, crisps, biscuits, crackers, nuts, edible seeds |

(a) These foods require case-by-case consideration

(b) These foods may need modification for individuals requiring thickened fluids



| | | | | |
|---|-----------------------------|---|--|-----------------------------------|
| Unmodified – Regular Foods | Texture A - Soft | Texture B – Minced and Moist | Texture C – Smooth Pureed | Texture D – Liquidised |
|---|-----------------------------|---|--|-----------------------------------|

| NAME | TEXTURE B – MINCED AND MOIST |
|---------------------------------------|---|
| Description | <ul style="list-style-type: none"> • Food in this category is soft and moist and should easily form into a ball |
| Characteristics | <ul style="list-style-type: none"> • Individual uses tongue rather than teeth to break the small lumps in this texture. • Food is soft and moist and should easily form into a ball • Food should be easily mashed with a fork • Lumps are soft and rounded (no hard or sharp lumps) • Refer to <i>Special Notes (Page 23)</i> |
| Food inclusions and exclusions | <ul style="list-style-type: none"> • Recommended particle size for children over 5 years and adults = 0.5cm^{10,29} • Recommended particle size for infants and children – 0.2-0.5cm (based on tracheal size)²⁸ |

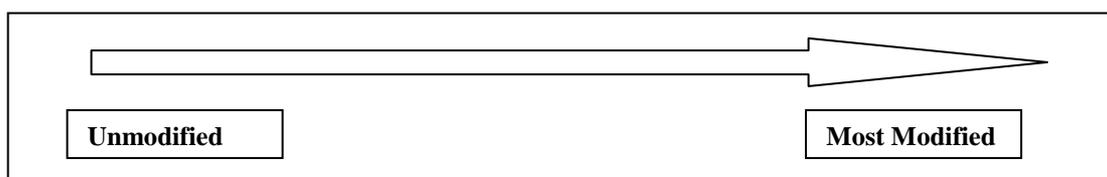
Texture B – Minced and moist

Recommended foods and those to avoid (Examples Only)

| | Recommended Foods | Avoid |
|--|---|---|
| Bread, cereals, rice, pasta, noodles | <ul style="list-style-type: none"> - Breakfast cereals with small moist lumps, for example porridge or weetabix soaked in milk ^(a) - Small, moist pieces of soft pasta, for example moist macaroni cheese (some pasta dishes may require blending or mashing) - Noodles (chopped) | <ul style="list-style-type: none"> - All breads, sandwiches, pastries, crackers and dry biscuits - Rice that does not hold together, for example parboiled, long-grain, basmati - Crispy or dry pasta, for example edges of a pasta bake or lasagne |
| Vegetables, legumes, <i>potatoes</i> | <ul style="list-style-type: none"> - Tender cooked vegetables that are easily mashed with a fork - Well cooked legumes (partially mashed or blended) - Mashed or creamed potatoes | <ul style="list-style-type: none"> - All raw vegetables - Vegetable pieces larger than 0.5cm or too hard to be mashed with a fork - Fibrous/stringy vegetables that require chewing for example peas, <i>celery</i> - Roast potatoes, croquettes or chips |
| Fruit | <ul style="list-style-type: none"> - Mashed soft fresh fruits, for example banana, mango - Finely diced soft pieces of canned or stewed fruit - (Peel and remove all pips before stewing fresh fruit such as apples or pears) - Pureed fruit - Fruit juice ^(a) | <ul style="list-style-type: none"> - Fruit pieces larger than 0.5cm - Fruit that is too hard to be mashed with a fork |
| Milk, yoghurt, cheese | <ul style="list-style-type: none"> - Milk, milkshakes, smoothies ^(a) - Yoghurt (may contain soft fruit pieces) ^(a) - Very soft cheeses with small lumps, for example cottage cheese. | <ul style="list-style-type: none"> - Soft cheese that is sticky or chewy for example Camembert - Hard Cheese such as cheddar |
| Meat, fish, poultry, eggs, nuts, legumes | <ul style="list-style-type: none"> - Coarsely minced, tender meats with a sauce (Remove all skin, bones and gristle before mincing) - Casserole dishes ^(a) may be blended to reduce the particle size - Coarsely blended or mashed fish with a sauce for example tuna and mayonnaise - Very soft and moist egg dishes, for example scrambled eggs, soft quiches - Well cooked legumes (partially mashed or blended) - Soft tofu, for example small | <ul style="list-style-type: none"> - Casseroles or mince dishes with hard or fibrous particles, for example peas, onion - Dry, tough, chewy or crispy egg dishes or those that cannot be easily mashed |

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| | pieces crumbled | |
| Desserts | <ul style="list-style-type: none"> - Smooth puddings, dairy desserts, ^(a) custards ^(a), yoghurt ^(a) and ice-cream ^(a) (may have pieces of soft fruit) - Soft moist sponge cake desserts with lots of custard, cream or ice-cream (a) for example trifle, tiramisu. - Soft fruit-based desserts without hard bases, crumbly or flaky pastry or coconut, for example apple crumble with custard - Creamed rice, <i>tapioca</i> | <ul style="list-style-type: none"> - Desserts with large, hard or fibrous fruit particles (e.g. sultanas), seeds or coconut - Pastry and hard crumble - Bread-based pudding |
| Miscellaneous | <ul style="list-style-type: none"> - Soup ^(a) (may contain small soft lumps, e.g. pasta) - Plain biscuits dunked in hot tea or coffee and completely saturated - Salsa's, sauces and dips with small soft lumps - Very soft, smooth chocolate - Jams and condiments without seeds or dried fruit | <ul style="list-style-type: none"> - Soups with large pieces of meats or vegetables, corn or rice - <i>Sweets</i> including fruit jellies and marshmallow |

(a) These foods may need modification for individuals requiring thickened fluids



| | | | | |
|---|-----------------------------|---|--|-----------------------------------|
| Unmodified – Regular Foods | Texture A - Soft | Texture B – Minced and Moist | Texture C – Smooth Pureed | Texture D – Liquidised |
|---|-----------------------------|---|--|-----------------------------------|

| NAME | TEXTURE C – SMOOTH PUREED |
|---------------------------------------|---|
| Description | <ul style="list-style-type: none"> • Food in this category is smooth and lump free. It is similar to the consistency of commercial pudding. At times, smooth pureed food may have a grainy quality but should not contain lumps. • Refer to <i>Special Notes (Page23)</i> |
| Characteristics | <ul style="list-style-type: none"> • Smooth and lump free but may have a grainy quality. • Moist and cohesive enough to hold its shape on a spoon (i.e. when placed side by side on a plate these consistencies would maintain their position without ‘bleeding’ into one another) • Food could be moulded, layered or piped |
| Testing Information | <ul style="list-style-type: none"> • Cohesive enough to hold its shape on a spoon (i.e. when placed side by side on a plate these consistencies would maintain their position without ‘merging’ into one another) |
| Food inclusions and exclusions | <ul style="list-style-type: none"> • Some individuals may benefit from the use of runny pureed texture. This texture would be prescribed on a case by case basis <i>and is labelled Texture D – Liquidised.</i> |

Texture C – Smooth Pureed

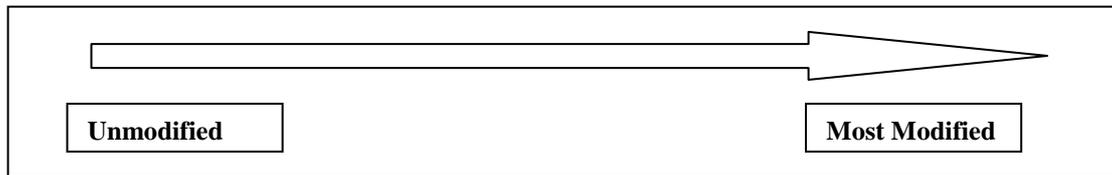
Recommended foods and those to avoid (Examples Only)

| | Recommended Foods | Avoid |
|--|---|--|
| Bread, cereals, rice, pasta, noodles, | <ul style="list-style-type: none"> - Smooth, lump-free breakfast cereals, for example semolina, pureed porridge, Ready Brek, Weetabix (mashed and mixed with milk^(a) - smooth and lump free) - Pureed pasta or noodles - Pureed rice | <ul style="list-style-type: none"> - Cereals with coarse lumps or fibrous particles, for example all dry cereals, porridge that has not been pureed |
| Vegetables, legumes, Potatoes | <ul style="list-style-type: none"> - Pureed vegetables - Mashed potato - Pureed legumes, for example baked beans or peas (ensuring no husks in final puree) - Vegetable soups that have been blended or strained to remove lumps ^(a) | <ul style="list-style-type: none"> - All raw vegetables - Coarsely mashed vegetables - Avoid puree-ing vegetables with fibre or hard skin e.g. cabbage, celery |
| Fruit | <ul style="list-style-type: none"> - Puree fruits (remove skin and seeds before cooking), for example commercial pureed fruits, - Well mashed banana - Fruit juice ^(a) without pulp | <ul style="list-style-type: none"> - Pureed fruit with visible lumps |
| Milk, yoghurt, cheese | <ul style="list-style-type: none"> - Milk, milkshakes, smoothies ^(a) - Yoghurt ^(a) (lump-free), for example plain or vanilla - Smooth cheese pastes, for example smooth ricotta cheese and milk-based sauces ^(a) | <ul style="list-style-type: none"> - All solid and semi-solid cheese including cottage cheese |
| Meat, fish, poultry, eggs, nuts, legumes | <ul style="list-style-type: none"> - Pureed meat/fish (pureed with sauce/gravy ^(a) to achieve a thick moist texture) - Soufflés and mousses, for example salmon mousse - Pureed legumes, hummus - Soft silken tofu - Pureed scrambled eggs | <ul style="list-style-type: none"> - Minced or partially pureed meats - Scrambled eggs that have not been pureed - Sticky or very cohesive foods, for example peanut butter |
| Desserts | <ul style="list-style-type: none"> - Smooth Puddings, dairy desserts for example pureed rice pudding, ^(a) custards ^(a), yoghurt ^(a) and ice-cream ^(a) - Moist cakes (extra moisture, e.g. custard may be required) - Soft meringue - Cream ^(a), syrup dessert toppings ^(a) | <ul style="list-style-type: none"> - Desserts with fruit pieces, seeds, nuts, crumble, pastry or non-pureed garnishes - Cakes, biscuits, pastries |

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| Miscellaneous | - Soup ^(a) – blended or strained to remove lumps - Smooth jams, condiments and sauces | - Soups with lumps - Jams and condiments with seeds, pulps or lumps - <i>Crisps, Sweets</i> |
|---------------|---|---|

(a) These foods may need modification for individuals requiring thickened fluids

Texture D – Liquidised, has been added for the Irish context and is not part of the Australian standardised definitions and terminology for texture-modified foods and fluids¹.



| | | | | |
|---|-----------------------------|---|--|-----------------------------------|
| Unmodified – Regular Foods | Texture A - Soft | Texture B – Minced and Moist | Texture C – Smooth Pureed | Texture D – Liquidised |
|---|-----------------------------|---|--|-----------------------------------|

| NAME | TEXTURE D – LIQUIDISED |
|---------------------------------------|---|
| Description | <ul style="list-style-type: none"> • A smooth, pouring, uniform consistency. |
| Characteristics | <ul style="list-style-type: none"> • Smooth and lump free. • This food has been pureed or sieved to remove any particles.²⁶ • Do not hold their shape, they merge into one another when placed side by side on a plate and as result are generally served in a bowl. |
| Testing Information | <ul style="list-style-type: none"> • Cannot be eaten with a fork.²⁶ • Can be taken through a wide bore straw. |
| Food inclusions and exclusions | <ul style="list-style-type: none"> • Recommend caution when prescribing as high liquid content can make liquidized diet, energy and nutrient dilute. • Maybe difficult to achieve this texture with some foods e.g. pasta, noodles. • Due to the liquid nature of this diet, it may not be suitable for those who require modified consistency fluids. |

Texture D – Liquidised

Recommended foods and those to avoid (Examples Only). Due to the liquid nature of this diet it may not be suitable for those who require modified consistency fluids.

| | Recommended Foods | Avoid |
|--|---|--|
| Bread, cereals, rice, pasta, noodles, | - Smooth, lump-free breakfast cereals, for example semolina, liquidised porridge, Ready Brek, Weetabix | - Cereals with coarse lumps or fibrous particles, for example all dry cereals, |
| Vegetables, Legumes, Potatoes | - Liquidised vegetables - Liquidised baked beans or peas (sieved or strained to ensure no husks) - Vegetable soups that have been blended or strained to remove lumps | - All raw vegetables - Coarsely mashed vegetables - Avoid liquidising vegetables with fibre or hard skin e.g. cabbage, celery |
| Fruit | - Liquidised fruits (remove skin and seeds before cooking), - Commercial pureed fruits, - Liquidised tinned pears or peaches, - Smoothies, - Fruit juice without pulp | - Pureed fruit with visible lumps |
| Milk, yoghurt, cheese | - Milk, milkshakes, smoothies - Drinking Yoghurt (lump-free), for example Yop, Actimel - Cheese and milk-based sauces | - All solid and semi-solid cheese including cottage cheese |
| Meat, fish, poultry, eggs, nuts, legumes | - Liquidised meat/fish (pureed with sauce/gravy to achieve a runny moist texture- remove all bones, gristle and skin prior to liquidising) - Liquidised legumes, hummus - Liquidised scrambled eggs | - Minced or partially pureed meats - Scrambled eggs that have not been liquidised - Sticky or very cohesive foods, for example peanut butter |
| Desserts | - Smooth runny puddings, dairy desserts for example liquidised rice pudding, custards, and melted ice-cream, melted sorbet Cream, syrup dessert toppings | - Desserts with fruit pieces, seeds, nuts, crumble, pastry or non-pureed garnishes - Cakes, biscuits, pastries |
| Miscellaneous | - Soup – blended or strained to remove lumps | - Soups with lumps - Jams and condiments with seeds, pulps or lumps - Crisps, Sweets |

Special Notes

Foods and other items requiring special consideration for individuals with dysphagia

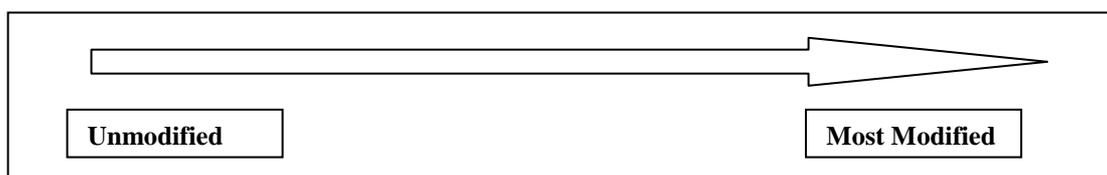
The following foods were identified as requiring emphasis

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| Bread | <ul style="list-style-type: none">• Bread requires an ability to both bite and chew. Chewing stress required for bread is similar to that of raw apple. The muscle activity required for each chew of bread is similar to that required to chew peanuts.³⁵ For this reason, individuals who fatigue easily may find bread difficult to chew.• Bread requires moistening with saliva for effective mastication. Bread does not dissolve when wet; it clumps. It poses a choking risk if it adheres to the roof of the mouth, pockets in the cheeks or if swallowed in a large clump. This is similar to the noted choking effect of ‘chunks’ of peanut butter.³⁶ |
| Ice-cream | <ul style="list-style-type: none">• Ice-cream is often excluded on diets for individuals who require thickened fluids. This is because ice-cream melts and becomes like a thin liquid at room temperature or within the oral cavity. |
| Jelly | <ul style="list-style-type: none">• Jelly may be excluded from diets for individuals who require thickened fluids. This is because jelly particulates in the mouth if not swallowed promptly. |
| Soup | <ul style="list-style-type: none">• Individuals who require thickened fluids will require their soups thickened to the same consistency as their fluids unless otherwise advised by a Speech and Language Therapist. |
| ‘Mixed’ or ‘dual’ consistencies | <ul style="list-style-type: none">• These textures are difficult for people with poor oral control to safely contain and manipulate within the mouth.• These are consistencies where there is a solid as well as a liquid present in the same mouthful• Examples include individual cereal pieces in milk (e.g. cornflakes in milk), fruit punch, minestrone soup, commercial diced fruit in juice, watermelon |
| Special occasion foods or fluids | <ul style="list-style-type: none">• Special occasion foods (e.g. chocolates, birthday cake) should be well planned to ensure that they are appropriate for individuals requiring texture-modified foods and/or thickened fluids. |
| Nutritional Supplements | <ul style="list-style-type: none">• For individuals who also required thickened fluids, nutritional supplements may require thickening to the same level of thickness |
| Medication | <ul style="list-style-type: none">• Individuals on Texture C – Smooth Pureed and Texture D-Liquidised are unsuitable for oral administration of whole tablets or capsules. Consult with medical and pharmaceutical staff.• Individuals requiring any form of texture-modified food or fluids may have difficulty swallowing medications. Seek advice if in doubt. |

Characteristics of food that pose a choking risk

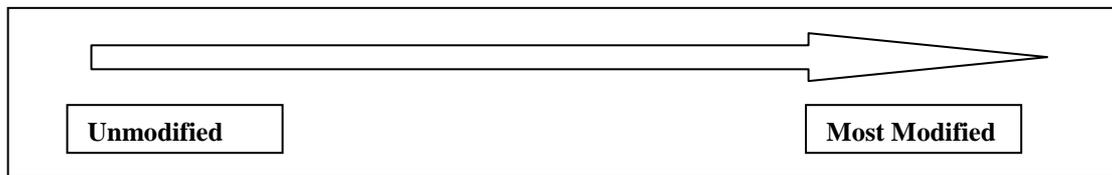
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|---------------------------------|---|
| Stringy | Rhubarb, beans Celery is considered a choking risk until 3 years of age ^{37,38} |
| Crunchy | Popcorn, toast, dry biscuits, chips/crisps ³⁹ |
| Crumbly | Dry cakes or biscuits ³⁹ |
| Hard or dry foods | Nuts, raw broccoli, raw cauliflower, apple, crackling, hard crusted rolls/breads, seeds. Raw carrots are considered a choking risk until 3 years of age ³⁷⁻⁴¹ |
| Floppy textures | Lettuce, cucumber, uncooked baby spinach leaves (adheres to mucosa when moist – conforming material) ⁴² |
| Fibrous or ‘tough’ foods | Steak, pineapple ³⁹ |
| Skins and outer shells | Corn, peas, apple with peel, grapes ^{38, 40, 41} |
| Round or long shaped | Whole grapes, whole cherries, raisins, hot dogs, sausages ^{40,41} |
| Chewy or sticky | Sweets (adhere to mucosa), cheese chunks, fruit roll-ups, gummy sweets, marshmallows, chewing gum, sticky mashed potato, dried fruits ^{36, 41-43} |
| Husks | Corn, bread with grains, shredded wheat, bran ^{38,41} |
| ‘Mixed’ or ‘dual’ consistencies | Foods that retain solids within a liquid base (e.g. minestrone soup, breakfast cereal, e.g. cornflakes with milk); watermelon ⁴⁴ |

Fluid thickness grading scale for the clinical management of dysphagia

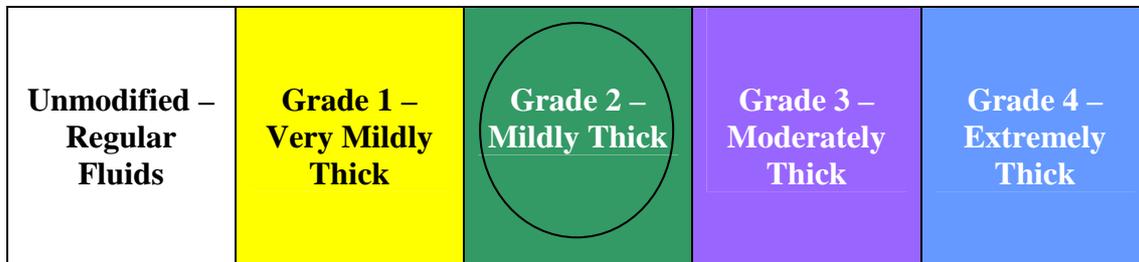
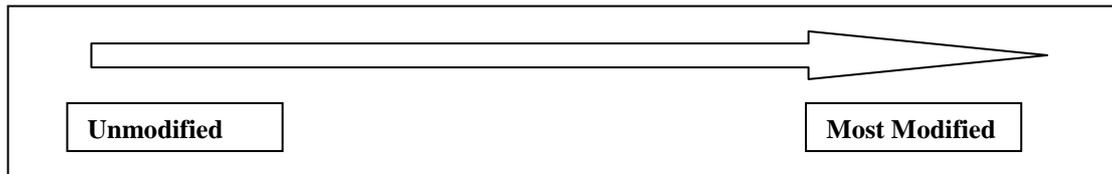


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| NAME | UNMODIFIED – REGULAR FLUIDS <i>Unmodified - Regular fluids may naturally occur in a variety of thickness levels. The fluids in this category are not thickened with a commercially available fluid thickener.</i> |
| Flow Rate | <ul style="list-style-type: none"> • ‘Very fast – fast flow’ |
| Characteristics | <ul style="list-style-type: none"> • Drink through any type of teat, cup or straw as appropriate for age and skills |
| Testing Information | <ul style="list-style-type: none"> • N/A |
| Special Note | <ul style="list-style-type: none"> • <i>Breast Milk may be considered an Unmodified - Regular fluid.</i> • <i>Infant formula, commercially available ‘Easy digest’ Milk and ‘Anti-regurgitation’ (AR) formula are thicker than Unmodified - Regular fluids but are unmodified by commercially available fluid thickener.</i> • <i>All fluids which are unmodified by commercially available thickener should be examined on a case by case basis to determine their consistency.</i> |

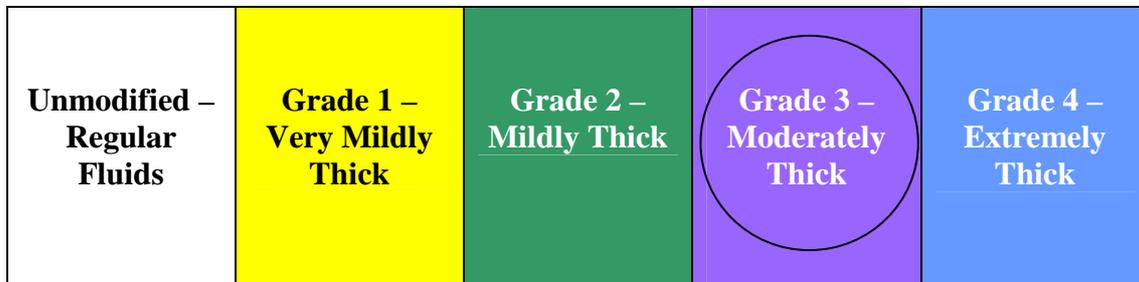
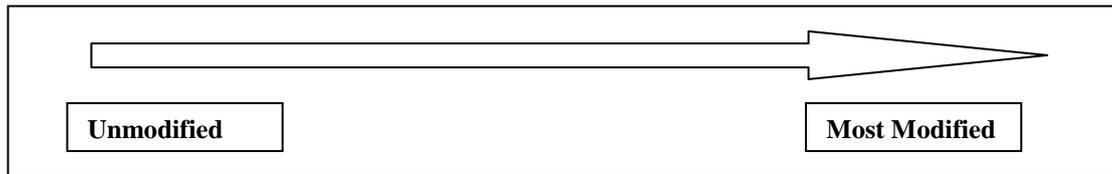
Grade 1 – Very Mildly Thick, has been added for the Irish context and is not part of the Australian standardised definitions and terminology for texture-modified foods and fluids ¹.



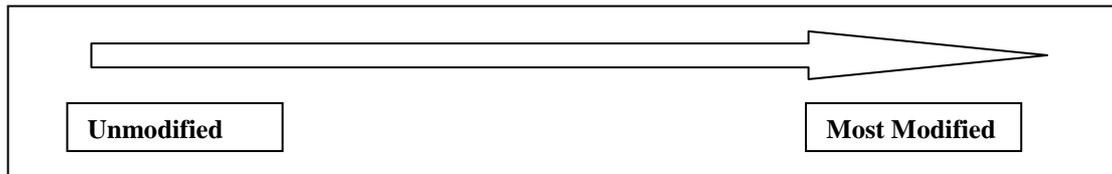
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| NAME | GRADE 1 – VERY MILDLY THICK <i>Grade 1 – Very Mildly Thick is similar to naturally thick fluids such as fruit nectar or pouring cream</i> |
| Flow Rate | <ul style="list-style-type: none"> • ‘Fast flow’ |
| Characteristics | <ul style="list-style-type: none"> • Pours quickly from a cup but slower than regular, unmodified fluids. • May leave a light coating film of residue in the cup after being poured • Drink this fluid thickness from a cup • No effort required to take this thickness via a standard bore straw |
| Testing Information | <ul style="list-style-type: none"> • Subjectively, fluids at this thickness run fast through the prongs of a fork, but leave a mild coating on the prongs • Testing scales for viscosity exist but are not formalised or standardised, and therefore are not included |
| Special Note | <ul style="list-style-type: none"> • Consideration should be given to flow through a teat as determined on a case-by-case basis |



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| NAME | GRADE 2 – MILDLY THICK <i>Grade 2 – Mildly Thick is thicker than naturally thick fluids but not as thick as a thick milkshake</i> |
| Flow Rate | <ul style="list-style-type: none"> • ‘Steady flow’ |
| Characteristics | <ul style="list-style-type: none"> • Pours quickly from a cup but slower than <i>Grade 1 – Very Mildly Thick fluids</i>. • May leave a coating film of residue in the cup after being poured • Drink this fluid thickness from a cup • Effort required to take this thickness via a standard bore straw |
| Testing Information | <ul style="list-style-type: none"> • Subjectively, fluids at this thickness run fast through the prongs of a fork, but leave a coating on the prongs • Testing scales for viscosity exist but are not formalised or standardised, and therefore are not included |
| Special Note | <ul style="list-style-type: none"> • Consideration should be given to flow through a teat as determined on a case-by-case basis |



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| NAME | GRADE 3 – MODERATELY THICK <i>Grade 3 – Moderately Thick is similar to the thickness of room temperature honey</i> |
| Flow Rate | <ul style="list-style-type: none"> • ‘Slow flow’ |
| Characteristics | <ul style="list-style-type: none"> • Cohesive and pours slowly • Possible to drink directly from a cup although fluid flows very slowly • Difficult to drink using a straw, even if using a wide bore straw • Spooning this fluid into the mouth may be the best way of taking this fluid |
| Testing Information | <ul style="list-style-type: none"> • Subjectively, fluids at this thickness slowly drip in dollops through the prongs of a fork • Testing scales for viscosity exist but are not formalised or standardised, and therefore are not included |



| | | | | |
|--|--|-----------------------------------|---|--|
| Unmodified – Regular Fluids | Grade 1 – Very Mildly Thick | Grade 2 – Mildly Thick | Grade 3 – Moderately Thick | Grade 4 – Extremely Thick |
|--|--|-----------------------------------|---|--|

| | |
|----------------------------|---|
| NAME | <p>Grade 4 – EXTREMELY THICK</p> <p><i>Grade 4 – Extremely Thick is similar to the thickness of pudding or mouse</i></p> |
| Flow Rate | <ul style="list-style-type: none"> • ‘No flow’ |
| Characteristics | <ul style="list-style-type: none"> • Cohesive and holds its shape on a spoon • It is <i>not</i> possible to pour this type of fluid from a cup into the mouth • It is <i>not</i> possible to drink this thickness using a straw • Spoon is the optimal method for taking this type of fluid • This fluid is <i>too thick</i> if the spoon is able to stand upright in it unsupported |
| Testing Information | <ul style="list-style-type: none"> • Subjectively, fluids at this thickness sit on and do not flow through the prongs of a fork • Testing scales for viscosity exist but are not formalised or standardised, and therefore are not included |