



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Diet Order Training

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Outline

Purpose of texture modified diets

Diet textures

Thickening liquids

Living “at risk”

Nutrition and COVID-19

Nutrition at end of life



The Purpose of Diet Texture and Fluid Viscosity Modifications - Safety

- A resident's food and/or liquid may need to be modified for any or all of the following reasons:
 - Chewing or swallowing difficulties
 - Reduced strength, coordination and/or endurance in the swallowing muscles
 - Reduced cognitive ability
- The goal is to keep Resident's diets regular as possible while balancing safety, nutrition and quality of life



The Purpose of Diet Texture and Fluid Viscosity Modifications - Nutrition

- Individuals with dysphagia are at nutritional risk
- Improved intake is seen when appropriate texture and consistency are provided
- Reduced fear and comfort at meals with appropriate texture



A Word About Nutrition and Hydration

- **Malnutrition and dehydration**

- prevalence of malnutrition among the elderly in institutions (acute care and long term care facilities) ranges from 45-85%
- Malnutrition has been shown to have important effects on recovery in a broad range of patients and conditions
- Inadequate fluid intake is associated with increased rates of urinary tract infection and contributes to confusion, delirium, and reduced wound healing

Thickness	% of Residents at All Facilities	Std. Dev.	Range	
			Lowest	Highest
Mildly Thick (2)	8.7%	3.8%	3.3%	23.1%
Moderately Thick (3)	1.9%	1.8%	0%	8.0%
Total (Mildly + Moderately Thick)	10.6%	4.4%	3.8%*	24.4%*



WRHA Nutrition and Food Services
Regional Distribution Facility
Diet Textures



Food Characteristics

- 1) Adhesiveness – Stickiness of a food.
- 2) Cohesiveness – The tendency of a food to hold together. In other words, non cohesive foods do not hold together well.
- 3) Firmness/Hardness – The amount of force required between the teeth, or between the tongue and the roof of the mouth to break down the food.
- 4) Chewiness – Number of chews (at 1 chew/sec) needed to chew the food into a consistency suitable for swallowing.



Food characteristics

	Very low	Low	Moderate	High
Adhesiveness/ sticky	Yogurt	Avocado	Caramel	Peanut butter toffee candy
Chewiness	Applesauce	Minced meat	Marshmallow	Rare Steak
Non- Cohesiveness /crumbly	Pudding Yogurt	Banana	Cookies Rice	Shredded Carrots Scone Tossed Salad
Firmness/ Hardness	Pudding	Cooked fish	Carrots	Hard Candy





Standard Diet



Soft diet



Definition:

- Standard diet with removal of hard to chew foods, hard crunchy foods.
- Typically prescribed for those with chewing difficulty, poor dentition, ill-fitting dentures.



Soft diet continued

Does NOT include:

- Hard cereals such a granola
- Hard fresh fruit
- Raw vegetables
- Tossed salad and dill pickles
- Solid dry meats (e.g. roast beef); bacon.
- Nuts, hard candy, chewy candy.



Soft/minced diet



Definition:

- Some meats are minced when texture is too difficult to chew (e.g. roast pork, chicken breast).
- Soft vegetables in whole form. Vegetables are not minced.
- Includes sandwiches with thin sliced meat.



Soft/minced diet continued

Does Not Include:

- Chicken breast, chicken fingers, roast pork, hot dogs.
- Pineapple tidbits.
- Chewy or dry cakes, squares, crunchy cookies.



Minced diet



Definition:

- All the meats, entrees, and vegetables are minced.
- **Soft bread and baked products are included.**



Minced diet continued

Includes:

- ✓ Bread, muffins, many cold cereals, pancakes, waffles.
- ✓ Soft baked goods (i.e. soft donuts).
- ✓ Rice and soft pasta.
- ✓ Soft boiled, scrambled, and poached eggs.
- ✓ Soft cheese portions.
- ✓ Sandwiches with minced fillings (e.g. egg salad).



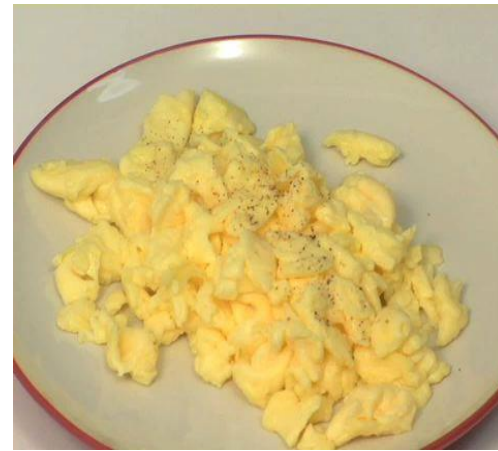
Minced diet continued

Does **not** include:

- Hard, crunchy cereal, crusty rolls, dense bread products (e.g. **Raisin Bran cereal, granola, bagel, scones**).
- Dry, hard crackers.



Total minced diet



Definition:

- Like the minced diet, all the entrees/meats, and vegetables are minced.
- **Bread, baked products, cheese portions, and cold cereal are not included.**



Total minced diet continued

Includes:

- Moist salad sandwich fillings eaten on their own without bread (e.g. egg salad).
- Moist, soft scrambled eggs or poached eggs.
- Creamed cottage cheese.
- Soft rice (better tolerated with moisture).
- Bananas (sliced and mashed).



Pureed diet



Definition:

- This diet includes only liquid or pureed foods of a smooth, homogenous texture.



Pureed diet continued

Includes:

- Hot cereal; pureed bread; pureed pasta dishes.
- Moist pureed eggs.
- Pureed fruits and vegetables.
- Moist, smooth mashed potatoes.
- Pureed soups.
- Smooth puddings, custards, yogurt, jello.



Blenderized



No mixed consistencies

Definition:

Excludes liquids combined with solids.

Does not include:

- Cold cereals with milk.
- Crackers with soup.
- Gelatin with fruit.
- Canned fruit packed in juice.
- Stock or cream soup with whole vegetables, meat, noodles.



Fluid Modification

- **No modifications** = regular tea, coffee, water, milk, juice, cream soups, supplements
- **Mildly thick(2)/Nectar thick**= like tomato juice
- **Moderately thick(3)/Honey thick** = like liquid honey

Other factors to consider:

- Ice cream and sherbet
- Jell-O



How to thicken fluids

<https://www.youtube.com/watch?v=sXZQR-pFjYM>



Thick Nutritional Supplements

- Nutritional supplements do not thicken well or consistently without the use of a blender
- Chilled Resource 2.0 & chilled chocolate Ensure Compact are compliant to mildly thick fluids
 - all other supplements are not compliant to mildly thick
 - No supplements are compliant to moderately thick
 - Resource 2.0 and chocolate Ensure Compact at room temperature are no longer considered mildly thick



Living “at risk”

- What if a resident chooses to not follow diet texture recommendations?



Nutrition and End of Life

- Resident's intake decreases as they near end of life
- Hunger and thirst sensations decrease
- Offer food and fluids for pleasure of a safe texture but let them choose how much
 - Feeding can cause more harm than good
- Educate families on what is to be expected
 - Offer them things to do for their loved one



Nutrition and Hydration - COVID-19

- Nutrition status is known to be negatively impacted with COVID-19 infection. Residents infected with COVID-19 will likely have very high calorie, protein, and fluid needs. Please inform your Registered Dietitian of anyone who tests positive for COVID-19.
- <https://professionals.wrha.mb.ca/covid-19/long-term-care/>
- Potential post-COVID symptoms include: new onset of dysphagia; persisting loss of smell, decreased appetite & thirst; persisting diarrhea; hypoglycemia even in residents without a diagnosis of diabetes, hyperglycemia in those with diabetes even if insulin/oral medication doses have been stable



Thank you!



Questions?

