







Diet Textures

SOFT	SOFT/MINCED	MINCED	TOTAL MINCED	PUREED	BLENDED
					
<p>Soft to chew foods No crumbly, chewy, sticky or gummy foods.</p> <p>Meat – Regular;</p> <p>Starch – Regular</p> <p>Vegetable – Regular; no hard/crunchy vegetables such as dill pickles & cucumber with skin</p> <p>Sandwich- Regular</p> <p>Soup- Regular</p> <p>Salad- Soft - no nuts or dried fruits</p> <p>Dessert- Regular no nuts, no seeds, sticky or gummy.</p> <p>No hard fresh fruit (apples) or firm canned fruit (pineapple)</p>	<p>Soft diet with minced meat. Regular starch and vegetables.</p> <p>Meat – Minced; can have all types of eggs</p> <p>Starch – Regular</p> <p>Vegetable – Regular; no hard/crunchy vegetables such as dill pickles & cucumber with skin</p> <p>Sandwich- Regular</p> <p>Soup- Regular with soft or minced meat</p> <p>Salad- Minced salad</p> <p>Dessert- soft moist cakes, pies, squares, cookies/bars, puddings, custards, ice cream, gelatin, mousse, yogurt</p>	<p>Meat, vegetables and starch are minced. Can have bread and baked products.</p> <p>Meat – Minced; can have all types of eggs</p> <p>Starch – Minced</p> <p>Vegetable – Minced</p> <p>Sandwich- Minced fillings or cheese</p> <p>Soup- Regular with soft or minced meat</p> <p>Salad- Minced salad</p> <p>Dessert- Soft, moist cakes, squares, cookies/bars; pudding/custard like pies; pudding; custard; ice cream; gelatin; mousse; yogurt</p>	<p>Meat, starch, vegetables and fruits should all be minced. No bread products allowed.</p> <p>Meat – Minced; scrambled or pureed eggs</p> <p>Starch – Minced</p> <p>Vegetable – Minced</p> <p>Sandwich- NO</p> <p>Soup- Pureed soup</p> <p>Salad- Minced salad</p> <p>Dessert- Puddings, custards, ice cream, gelatin, mousse, yogurt</p>	<p>All foods must be pureed.</p> <p>Meat – Pureed; pureed eggs</p> <p>Starch – Pureed</p> <p>Vegetable – Pureed</p> <p>Sandwich- NO</p> <p>Soup- Pureed soup</p> <p>Salad- NO</p> <p>Dessert - Smooth puddings, custards, sherbet, ice cream, gelatin, mousse, plain yogurt</p>	<p>The meat, starch, vegetable and soup is blended together into a drinkable form.</p> <p>Entrée – Blended</p> <p>Breakfast – Cream of wheat</p> <p>Lunch/Supper – blended entrée</p> <p>Sandwich- NO</p> <p>Soup- Included in Entrée</p> <p>Salad-NO</p> <p>Dessert – pureed</p>

*If a resident is on a thickened fluid diet, they cannot be served ice cream, sherbet or jell-o

Diet Textures

Mildly Thick (2)



Old name: Nectar thick

New name: Mildly thick (2) PINK

fluids runs freely off the spoon but leaves a milk coating on the spoon.

e.g. regular yogurt, magic cup, cream soup.

Moderately Thick (3)



Old name: Honey thick

New name: Moderately thick (3) YELLOW.

Fluid slowly drips in dollops off the end of the spoon.

e.g. thick sauce or greek yogurt.

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