

Texture classification of SOLIDS

SOLIDS

Stage	Stage name	Description of texture	Consistency to aim for
C	Pureed Diet	<ul style="list-style-type: none"> No chewing required. A thick, smooth, uniform consistency, pureed/sieved to remove particles. Cannot be eaten with a fork. A thickener (natural, such as potato, or a commercial thickener) may be added to maintain stability. Must not separate into liquid and solid components during swallow. It should be moist, not sticky. It will hold its own shape on a plate and can be moulded, layered or piped. 	<ul style="list-style-type: none"> Mousse Thick smooth yoghurt
D*	Finely Mashed Diet , *SLT prescription only	<ul style="list-style-type: none"> Very little chewing required. A suitable food could be easily mashed with a fork. Meats (beef, pork, lamb, chicken, turkey, etc.) pureed as per Stage C. Sandwiches are not allowed. Avoid foods which pose a choking hazard: <ul style="list-style-type: none"> Dry and crispy foods: muesli, crisps, battered or breaded foods, hard confectionery. Sticky foods: white bread/rolls, peanut butter. Stringy foods: gristle, celery, lettuce. Fruit and vegetable skins: peas, sweetcorn, grapes. 	<ul style="list-style-type: none"> Moist pasta in sauce e.g. macaroni Flaked fish in sauce Mashed banana
E	Soft and Easily Chewed Diet	<ul style="list-style-type: none"> Some chewing required. Foods can be broken into pieces with a fork. Dishes consisting of soft, moist bite sized pieces (1.5cm diced) Wholemeal sandwiches with soft fillings and crusts removed. Avoid foods which pose a choking hazard: <ul style="list-style-type: none"> Dry and crispy foods: muesli, crisps, battered or breaded foods, hard confectionery. Sticky foods: white bread/rolls, peanut butter. Stringy foods: gristle, celery, lettuce. Fruit and vegetable skins: peas, sweetcorn, grapes. 	<ul style="list-style-type: none"> Tender meat casseroles Quorn pieces Mince Shepherd's pie

Note: Stages A - B have been omitted from this document as they refer to highly specialist types of liquidised diet.

Stages A - E correspond with the "National Descriptors for Texture Modification in Adults" produced by the BDA & RCSLT May 2002. Please refer to additional recommendations for swallowing for individual clients made by the Speech and Language Therapist (SLT). Medication should be discussed with a Pharmacist.