

# Modified Textures Cheat Sheet (Foods Allowed)

December 2023

Food Item / Diet Texture	Soft	Minced	Total Minced	Pureed
<b>Definition</b>	Soft-to-chew or 'fork tender' foods ( <i>able to cut with side of fork</i> ) Foods that are not fork-tender should be minced or removed.	Foods must be ¼ inch <u>or less</u> in size, moist, cohesive and easily formed into a bolus	All meat, entrees, and vegetables are minced. Foods that are minced must be ¼ inch (6mm) or less in size. Bread and baked products are pureed. No mixed consistencies.	Foods mechanically modified by food processor, or naturally a thick, smooth homogeneous and/or semi-liquid texture; free of all lumps and bits, holds its shape on a spoon, cannot be sucked through a straw, not sticky.
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Tender cooked</li> <li>Raw tomato, raw cucumber without skin, raw mushrooms</li> <li>Boiled potatoes with or without skin</li> </ul>	<ul style="list-style-type: none"> <li>Minced, cooked vegetables (no seeds or skins). Creamed corn</li> <li>Soft cooked potatoes mashed or fork mashed without skins</li> </ul>	<ul style="list-style-type: none"> <li>Minced, cooked vegetables (no seeds or skins). Creamed corn</li> <li>Soft cooked potatoes mashed or fork mashed without skins</li> </ul>	<ul style="list-style-type: none"> <li>Pureed, cooked or canned vegetables without lumps</li> <li>Smooth, pureed potatoes</li> </ul>
<b>Salad</b>	<ul style="list-style-type: none"> <li>Salads made with cooked or soft vegetables</li> </ul> <p><u>Or, provide soft-cooked vegetable instead</u></p>	<ul style="list-style-type: none"> <li>Minced pasta/potato salad (no raw vegetables)</li> </ul> <p><u>Or, provide cooked &amp; minced vegetable instead</u></p>	<ul style="list-style-type: none"> <li>Minced pasta/potato salad (no raw vegetables)</li> </ul> <p><u>Or, provide cooked &amp; minced vegetable instead</u></p>	<ul style="list-style-type: none"> <li>Pureed salads made with cooked ingredients</li> </ul> <p><u>Or, provide cooked &amp; pureed vegetable</u></p>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Canned fruit</li> <li>Stewed, or soft-ripened fruit without skins</li> </ul>	<ul style="list-style-type: none"> <li>Canned fruit (drained &amp; minced)</li> <li>Soft, ripe banana</li> <li>Minced, soft-ripened fruits</li> </ul>	<ul style="list-style-type: none"> <li>Canned fruit (drained &amp; minced)</li> <li>Pureed banana</li> <li>Minced, soft-ripened fruits</li> </ul>	<ul style="list-style-type: none"> <li>Pureed, cooked/canned/frozen/stewed fruit (no seeds or tough skins)</li> <li>Pureed banana</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Hot cereal</li> <li>Soft, moist breads, biscuits, rolls, muffins, pasta, rice, stuffing, pancake, waffle</li> <li>Cold cereals in milk</li> <li>Crackers moistened in soup</li> <li>Sandwiches with moist fillings</li> </ul>	<ul style="list-style-type: none"> <li>Hot cereal</li> <li>Soft, moist breads (<u>crust removed</u>), muffins, biscuit, stuffing, pancakes, waffle</li> <li>Minced pasta with sauce</li> <li>Cold cereals with milk, soaked</li> <li>Crackers moistened in soup</li> <li>Sandwiches with minced fillings (no raw vegetables)</li> </ul>	<ul style="list-style-type: none"> <li>Hot cereal, smooth consistency</li> <li>Pureed bread (no crust)/pancakes/waffles</li> <li>Minced pasta in sauce (cohesive, excess fluid drained)</li> <li>Pureed sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Smooth hot cereal</li> <li>Pureed baked goods/breads/pancakes /pasta/stuffing</li> <li>Pureed sandwich</li> </ul>
<b>Milk &amp; Alternatives</b> (Milk allowed for thin fluids only)	<ul style="list-style-type: none"> <li>All milk products &amp; cheese</li> </ul>	<ul style="list-style-type: none"> <li>Smooth yogurt, or containing fine bits of fruit</li> <li>Puree or small curd cottage cheese</li> <li>Processed cheese slice / grated cheese</li> <li>Melted cheese</li> </ul>	<ul style="list-style-type: none"> <li>Smooth yogurt, or containing fine bits of fruit</li> <li>Puree or small curd cottage cheese</li> <li>Processed cheese slice / grated cheese</li> <li>Melted cheese</li> </ul>	<ul style="list-style-type: none"> <li>Smooth yogurt/custard/puddings</li> <li>Pureed cottage cheese</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Soft cooked/poached/scrambled eggs</li> <li>Omelets/quiche</li> <li>Minced tuna/salmon/ham/chicken salad</li> <li>Soft, moist meats/fish/poultry</li> <li>Smooth peanut butter</li> <li>Well cooked beans/lentils</li> <li>Sandwiches with moist fillings</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled/poached/soft cooked eggs with moisture added. Smooth quiche without crust</li> <li>Minced meat/fish/poultry with sauce or gravy</li> <li>Soft, minced casserole</li> <li>Minced tuna/salmon/ham/chicken salad (without raw vegetable)</li> <li>Well cooked, minced, moist beans/lentils</li> <li>Sandwiches with minced fillings (no raw vegetables)</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled or pureed eggs with moisture added. Smooth quiche without crust</li> <li>Minced meat/fish/poultry with sauce or gravy</li> <li>Soft, minced casserole</li> <li>Minced tuna/salmon/ham/chicken salad (without raw vegetable)</li> <li>Well cooked, minced, moist beans/lentils</li> <li>Pureed sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Pureed egg</li> <li>Pureed meat/fish/poultry/beans/lentils with sauce or gravy</li> <li>Pureed casseroles</li> <li>Pureed sandwich</li> </ul>
<b>Soup</b>	<ul style="list-style-type: none"> <li>Well cooked soups</li> </ul>	<ul style="list-style-type: none"> <li>Cream/broth soup with minced meat &amp; soft, well cooked allowed vegetables ¼ inch or less in size</li> <li>Pureed &amp; strained soups</li> </ul>	<ul style="list-style-type: none"> <li>Pureed &amp; strained soups</li> </ul>	<ul style="list-style-type: none"> <li>Pureed &amp; strained soups</li> </ul>
<b>Desserts</b> (Jell-O, ice cream & sherbet only allowed for thin fluids)	<ul style="list-style-type: none"> <li>Soft cakes/cookies</li> <li>Any soft desserts</li> <li>Jell-O, ice cream, sherbet</li> <li>Arrowroot biscuits, digestive cookies</li> </ul>	<ul style="list-style-type: none"> <li>Soft cakes/cookies</li> <li>Soft desserts</li> <li>Jell-O, ice cream, sherbet</li> </ul>	<ul style="list-style-type: none"> <li>Jell-O, ice cream, sherbet</li> <li>Pureed cakes/cookies/pies</li> <li>Smooth puddings/mousse/custard</li> </ul>	<ul style="list-style-type: none"> <li>Jell-O, ice cream, sherbet</li> <li>Pureed cakes/cookies/pies</li> <li>Smooth puddings/mousse/custard</li> </ul>

# Modified Textures Cheat Sheet (Foods Allowed)

December 2023

Food Item / Diet Texture	Soft with Minced Meat	Blenderized	No Fluids Combined with Solids
<b>Definition</b>	Fork-tender, able to be cut with the side of a fork; cooked tender and moist; easy to chew. Food items that are not fork-tender are minced or removed. All meat products are minced to ¼ inch in size.	Regular diet blenderized to provide consistency thin enough to pass through a straw. Can be eaten with a spoon or drunk from a cup or with a straw. Cannot be eaten with a fork because it drips through the fork prongs. Has a smooth texture with no 'bits' (lumps, fibers, husk, bits of shell or skin, particles of gristle or bone).	A food with both fluids (thin or mildly thick/nectar-like) and solid foods together in one bite. This includes foods that release fluid when chewed. Some people may not be able to eat foods with fluids and solids combined in one mouthful due to swallowing difficulty (dysphagia).
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Tender cooked vegetables</li> <li>Raw tomato, raw cucumber without the peel, raw mushrooms, creamed corn, minced kernel corn (minced with a Blixer), Sour cabbage (sauerkraut, cabbage rolls), steamed cabbage</li> <li>Potatoes without skin or with skin if boiled or steamed; soft French fries, hashbrowns</li> </ul>	<ul style="list-style-type: none"> <li>Hot blender meal (including grain, vegetable and meat)</li> </ul>	<ul style="list-style-type: none"> <li>Pureed stewed tomatoes</li> <li>Drained cooked or canned vegetables</li> <li>All other vegetables except those listed under Foods Not Allowed</li> <li>Creamed corn</li> </ul>
<b>Salad</b>	<ul style="list-style-type: none"> <li>Cooked carrot salad, other marinated vegetable salads</li> <li>Pickled beets</li> <li>Pasta, jello, bean, potato salad with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Drained salads when in a vinaigrette. Additional liquid/vinaigrette must not separate upon sitting, after being drained</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Canned fruit (except pineapple tidbits or sliced pineapple, Minced, canned apricots)</li> <li>Fresh, soft-ripened fruit , Finely grated fresh fruit</li> <li>Crushed Pineapple, Oranges and grapefruit with membranes removed</li> <li>Avocado , Grapes</li> <li>Stewed dried fruit , stewed fruit (ex. Rhubarb, apples without skin), Frozen Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Pureed fruit (must be compliant with recommended fluid thickness) (ex. canned fruits pureed, applesauce etc.)</li> </ul>	<ul style="list-style-type: none"> <li>All other fruit except those listed under Foods Not Allowed</li> <li>Pureed fruit (must be compliant with recommended fluid thickness) (ex. canned fruits pureed, applesauce etc.)</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Moist &amp; soft breads, buns, rolls, muffins, waffles, pancakes, cinnamon buns, raisin bread, stuffing</li> <li>Lightly toasted bread, Soft, moist pasta</li> <li>Hot cereals, Cold cereals in milk</li> <li>Crackers moistened in soup</li> </ul>	<ul style="list-style-type: none"> <li>Hot blender meal (including grain, vegetable and meat)</li> </ul>	<ul style="list-style-type: none"> <li>Smooth hot cereal</li> </ul>
<b>Milk &amp; Alternatives</b> (Milk allowed for thin fluids only)	<ul style="list-style-type: none"> <li>All milk products and cheese</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt Drinks</li> <li>Smoothies, milkshakes</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt that is smooth or contains soft fruit pieces</li> <li>Pureed Cottage Cheese</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Eggs, boiled, fried, scrambled, poached ,smooth quiche with soft crust</li> <li>Minced meat/poultry/fish with gravy or sauce</li> <li>Soft, minced casseroles, Sandwiches with minced filling and no raw vegetables</li> <li>Tender fish (no bones) cut into bite sized pieces with gravy or sauce</li> <li>Well cooked, minced, moist legumes</li> </ul>	<ul style="list-style-type: none"> <li>Hot blender meal (including grain, vegetable and meat)</li> </ul>	<ul style="list-style-type: none"> <li>All meats</li> <li>Canned baked beans, drained if liquid/sauce is not moderately thick (honey-like)</li> </ul>
<b>Soup</b>	<ul style="list-style-type: none"> <li>Well-cooked soups made with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Smooth pureed soups (e.g. cream of tomato, butternut squash)</li> </ul>	<ul style="list-style-type: none"> <li>Pureed soups</li> <li>Moist stews and casseroles with liquid/sauce the thickness of moderately thick fluids (honey-like)</li> </ul>
<b>Desserts</b> (Jell-O, ice cream & sherbet only allowed for thin fluids)	<ul style="list-style-type: none"> <li>Soft desserts</li> <li>Jell-O®, ice cream, popsicles, sherbet</li> <li>Soft cakes and cookies (ex. arrowroot biscuits, digestive cookies)</li> <li>Puddings and mousse</li> </ul>	<ul style="list-style-type: none"> <li>Melted smooth ice cream</li> </ul>	<ul style="list-style-type: none"> <li>Frozen yogurt, ice cream, soy frozen desserts, sherbet, jello, fruit whips, or popsicles that are smooth</li> <li>Smooth puddings and pudding with soft pieces such as tapioca, that are at least moderately thick (honey-like)</li> </ul>