

Notes:

- Definition: 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).
- No Fluids Combined with Solids is not a stand-alone diet order; it must be ordered and implemented in conjunction with another diet order from the diet compendium.

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • Pureed stewed tomatoes • Drained cooked or canned vegetables • All other vegetables except those listed under Foods Not Allowed • Creamed corn 	<ul style="list-style-type: none"> • Whole, diced or smashed, stewed or baked tomatoes, whole cherry tomatoes, or sliced tomatoes • Vegetables in jellied salads or desserts
Fruits	<ul style="list-style-type: none"> • All other fruit except those listed under Foods Not Allowed • Pureed fruit (must be compliant with recommended fluid thickness) (ex. canned fruits pureed, applesauce etc.) 	<ul style="list-style-type: none"> • All canned fruit, even if drained • Grapes, watermelon, oranges (navel, canned, or fresh mandarins), pineapple • Stewed fruit • Fruit in jellied salads or desserts
Salads	<ul style="list-style-type: none"> • Drained salads when in a vinaigrette. Additional liquid/vinaigrette must not separate upon sitting, after being drained. • All other salads with allowed ingredients 	<ul style="list-style-type: none"> • Jellied salads with fruit or vegetables • Salads in a vinaigrette, not drained
Grain Products	<ul style="list-style-type: none"> • Smooth hot cereal • All other grain products except those listed under Foods Not Allowed 	<ul style="list-style-type: none"> • Crackers, Melba toast, or rice cakes when added to soups • All cold cereal with added milk or other liquid added
Milk & Alternatives	<ul style="list-style-type: none"> • Yogurt that is smooth or contains soft fruit pieces • Pureed Cottage Cheese • All other milk & alternatives except those listed under Foods Not Allowed 	<ul style="list-style-type: none"> • Cottage Cheese
Meat & Alternatives	<ul style="list-style-type: none"> • All meats • Canned baked beans, drained if liquid/sauce is not moderately thick (honey-like) 	<ul style="list-style-type: none"> • Canned beans in runny sauce, not drained
Soups	<ul style="list-style-type: none"> • Pureed soups • Moist stews and casseroles with liquid/sauce the thickness of moderately thick fluids (honey-like) 	<ul style="list-style-type: none"> • All unblended soups (soups with pieces of solid food such as grains, meats, pasta, or vegetables) • Soups with crackers • Runny sauces or gravy in stews or casseroles

Item	Foods Allowed	Foods Not Allowed
Oils & Fats	<ul style="list-style-type: none"> Gravy and salad dressings/oils that can be mixed with foods to create a cohesive bolus and does not separate upon sitting (e.g. gravy which can be mixed with meat or mashed potatoes) 	<ul style="list-style-type: none"> Gravies, salad dressings, oils that pool around the food and cannot be mixed to form a cohesive bolus (e.g. vinaigrettes must be drained from salads)
Desserts & Sweets	<ul style="list-style-type: none"> Frozen yogurt, ice cream, soy frozen desserts, sherbet, Jell-O®, fruit whips, or popsicles that are smooth Smooth puddings and pudding with soft pieces such as tapioca, that are at least moderately thick (honey-like) All other desserts except those not listed under Foods Not Allowed 	<ul style="list-style-type: none"> Frozen yogurt, ice cream, soy frozen desserts, sherbet, Jell-O®, fruit whips, or popsicles that contain hard particles such as candy, dried fruit, nuts, or granola Puddings thinner than moderately-thick fluids with pieces or particles Jellied desserts with fruit
Fluids	<ul style="list-style-type: none"> Most drinks, except those listed as Foods Not Allowed 	<ul style="list-style-type: none"> Drinks with firm food chunks or ice cubes (for example, milkshakes with fruit chunks)
Miscellaneous	<ul style="list-style-type: none"> Sauces or condiments that are moderately thick (honey-like) when combined with solid items, such as meat, cake or fruit 	

References:

Alberta Health Services: *Planning a healthy menu: Enhancing health through nutrition, Section 5, Dysphasia/Texture Modified Diets, January 2022.*

Hamilton Health Sciences: *Single Texture Diet. May 2003.*