


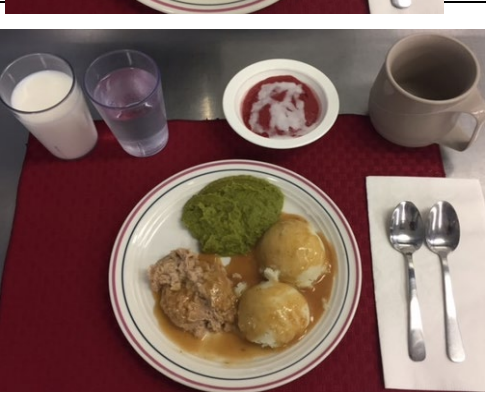





Please refer to the SH-SS Diet Compendium (DC) to determine what foods are allowed and not allowed for each texture. <http://portal/CRefLib/Nutrition/Ed/Pages/Manual.aspx>

Texture		Definition
Soft DC-202		<ul style="list-style-type: none"> <li>• Fork-tender</li> <li>• Able to cut with the side of a fork</li> <li>• Cooked tender and moist</li> <li>• Easy to chew</li> </ul>
Minced DC- 203		<ul style="list-style-type: none"> <li>• All meat, entrees, fruits, and vegetables are minced</li> <li>• Soft breads and baked products are allowed</li> <li>• Sandwiches have minced filling</li> <li>• No raw vegetables</li> <li>• Foods that are minced must be ¼ inch or less in size</li> </ul>
Total Minced DC-204		<ul style="list-style-type: none"> <li>• All the entrees, meats, fruits, and vegetables are minced to ¼ inch or less in size.</li> <li>• Bread or baked products are pureed.</li> <li>• No mixed consistencies.</li> </ul>
Pureed DC-205		<ul style="list-style-type: none"> <li>• Foods mechanically modified by blender or Blixer®, or naturally of a cohesive and moist homogenous and/or thick semi-liquid texture</li> <li>• Free of all lumps and bits</li> <li>• Usually eaten with a spoon</li> <li>• Cannot be sucked through a straw</li> <li>• Holds its shape on a spoon</li> <li>• Not sticky</li> </ul>







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Texture		Definition
<p>Soft with Minced Meat DC-206</p>		<ul style="list-style-type: none"> <li>• Fork-tender or soft to chew</li> <li>• Cooked tender and moist</li> <li>• All meat products and meat alternatives are minced, must be ¼ inch or less</li> <li>• Sandwiches have minced filling</li> <li>• No raw vegetables</li> <li>• Items that are not fork-tender should be minced or removed</li> </ul>
<p>Blenderized DC- 207</p>		<ul style="list-style-type: none"> <li>• All entrees, meats, fruits and vegetables are blenderize using a blender or Blixer®</li> <li>• A consistency thin enough to pass through a straw</li> <li>• Smooth and no lumps or bits</li> <li>• Can be eaten with a spoon or drunk from a cup with a straw</li> <li>• Cannot be eaten with a fork as drips through slots of the fork</li> <li>• Does not hold own shape on a plate</li> </ul>
<p>No Fluids Combined with Solids DC-208</p>		<ul style="list-style-type: none"> <li>• Foods with fluid and solid combined in one mouthful are <b>not</b> allowed</li> <li>• Foods that release fluid when chewed are <b>not</b> allowed</li> <li>• Food containing juice, syrup, broth, other fluids with solid food partilces require draining or pureeing or blending to achieve smooth texture, free of all lumps and bits.</li> </ul>

Please refer to the SH- SS Diet Compendium to determine what liquids are allowed and not allowed for each thickened liquid consistency.

<http://portal/CrefLib/Nutrition/Ed/Pages/Manual.aspx>

Fluids are grouped together based on their viscosity, or willingness to pour.

Consistency		Definition
Thin Fluids Level 0		<ul style="list-style-type: none"> <li>No restrictions</li> <li>Note: Ice cream, sherbet, jello, ice chips – these all melt to thin liquids in the mouth</li> </ul>
DC -250 Mildly Thick Level 		<ul style="list-style-type: none"> <li>A liquid thickened to a nectar-like consistency</li> <li>Does not drip off a spoon but flows slowly without separating</li> <li>Thin enough to be sipped through a straw</li> <li>E.g. buttermilk, eggnog, tomato juice</li> </ul>
DC-251 Moderately Thick Level 		<ul style="list-style-type: none"> <li>Drips slowly or in dollops/strands through the slots of a fork.</li> <li>Flows slowly without separating</li> <li>Cannot be sipped through a straw</li> <li>E.g. honey, thick yogurt, tomato sauce</li> </ul>
DC-252 Extremely Thick Level 		<ul style="list-style-type: none"> <li>Holds shape on spoon; not firm and sticky; little food left on spoon</li> <li>A very thick fluid that must be eaten with a spoon</li> <li>Too thick to be sipped from a cup or sucked through a straw</li> <li>E.g. pudding, thickened apple sauce</li> </ul>