



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Toolkit for Texture Modified Diets for Paediatrics

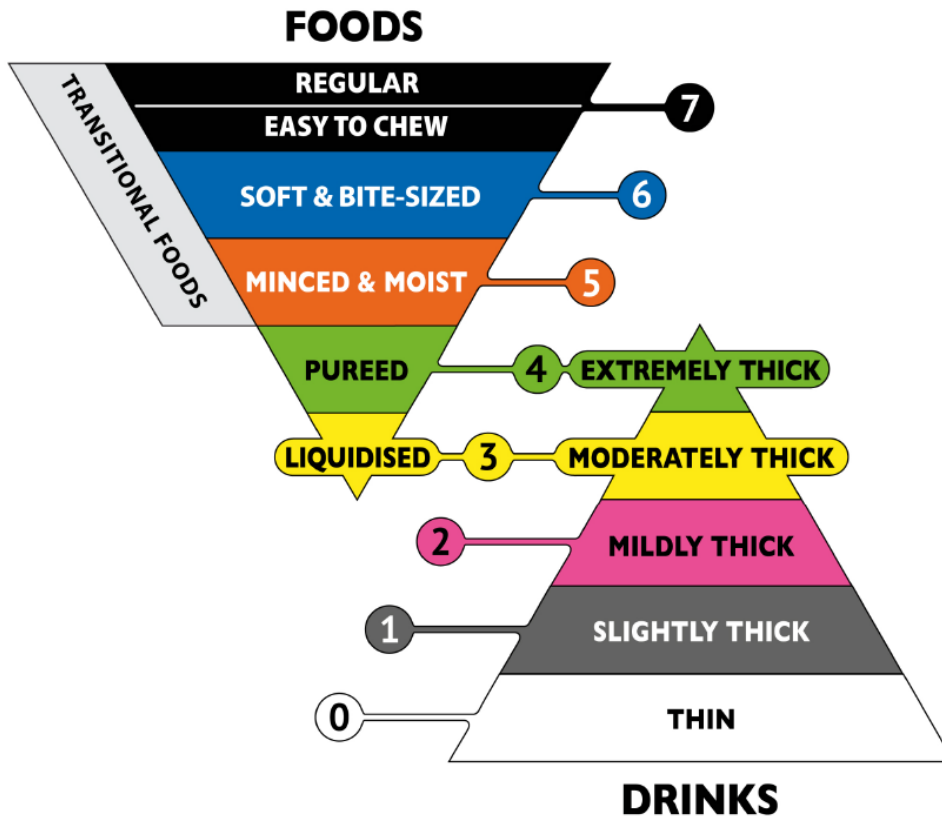
**A guide for staff to support menu planning of
texture modified diets in a paediatric setting**

Menu Planning Guidance for Texture Modified Diets for Paediatrics

Introduction

This document is a menu planning guide to support the provision of texture modified diets in a paediatric setting. Foods included on the different levels of texture modified diets must be provided in accordance with the International Dysphagia Diet Standardisation Initiative (IDDSI) as shown in Figure 1.

Figure 1: International Dysphagia Diet Standardisation Initiative (IDDSI)



Copyright: The International Dysphagia Diet Standardisation Initiative 2016
@ <https://iddsi.org/framework/>

Food Based Menu Planning Guidance for Texture Modified Diets

The IDDSI framework provides examples of suggested permitted foods and those to avoid. Within each texture modified food descriptor, ensure that the consistency is compliant with



the IDDSI testing methods detailed on <http://iddsi.org/framework/food-testing-methods/>
Please note that particle size requirements are smaller for paediatrics than adults at Level 5 Minced & Moist and Level 6 Soft and Bite- Sized.

Level 7: Regular diet

Food Suggestions ✓	Avoid ✗
All consistencies of foods	No texture restrictions at this level

It is important to note that typically developing younger children have a high risk of choking. Therefore, children with feeding, eating, drinking and swallowing difficulties are even more vulnerable and vigilance should always be exercised during mealtimes to monitor for any difficulties.

Level 7: Regular *Easy to Chew*

	Food Suggestions ✓	Avoid ✗
Meat	<ul style="list-style-type: none">- Cooked, tender meat	<ul style="list-style-type: none">- Dry, tough or crispy meats- Meat with gristle- Sausages- Hot Dogs
Fish	<ul style="list-style-type: none">- Soft enough cooked fish to break into small pieces with a fork/ spoon	<ul style="list-style-type: none">- No bones
Fruit	<ul style="list-style-type: none">- Fresh fruit piece that are naturally soft, for example banana- Stewed and canned fruits in small pieces. Drain excess juice- Assess individual ability to manage fruit with high water content (e.g.	<ul style="list-style-type: none">- Fibrous parts of fruit are not suitable- Large or round fruit pieces that pose a choking risk for example grapes, cherries- Dried fruits (such as raisins), seeds and fruit peel



	Food Suggestions ✓	Avoid ✗
	watermelon) where juice separates from solid in the mouth during chewing	- Dried tropical fruits, for example pineapple
Vegetables	<ul style="list-style-type: none"> - Steamed or boiled vegetables - Soft, canned vegetables, for example peas - Well-cooked legumes, for example baked beans 	<ul style="list-style-type: none"> - Stir fried vegetables are often too firm and not soft or tender - All raw vegetables - Hard, fibrous or stringy vegetables and legumes, for example sweet corn, broccoli stalks, celery, rhubarb - Lettuce, cucumber, uncooked baby spinach leaves
Cereal	<ul style="list-style-type: none"> - Texture fully softened 	<ul style="list-style-type: none"> - Any excess milk or fluid must be drained - Dry cereal - Cornflakes - Shredded Wheat - Bran
Bread	<ul style="list-style-type: none"> - Check with your Speech and Language Therapist 	<ul style="list-style-type: none"> - Dry bread - Bread with grains
Rice	<ul style="list-style-type: none"> - Well-cooked 	
Snacks / Desserts	<ul style="list-style-type: none"> - Puddings, dairy desserts, custards, yoghurt and ice cream, mousse, jelly * - Creamed rice, moist bread and butter pudding - Moist cakes (extra moisture may be needed- e.g. custard) - Soft stewed fruit based desserts (e.g. apple crumble with soft crumble) 	<ul style="list-style-type: none"> - Dry cakes - Hard biscuits - Hard or flaky pastry - Nuts and seeds - Dried fruit - Crackers - Popcorn - Crisps



* These foods may need modification for individuals requiring thickened liquids

Transitional Foods - May be considered for use within Regular diet (Level 7), Regular *Easy to Chew* (level 7), Soft & Bite-Sized (Level 6) and Minced & Moist (Level 5)

Food Specific	This texture may include and is not limited to: <ul style="list-style-type: none">- Ice chips- Ice cream if assessed as suitable by a Speech & Language Therapist- Wafers (Also includes Religious Communion wafer)- Waffle cones used to hold ice cream- Some biscuits. Cookies and crackers- Shortbread- Prawn crisps
Commercially available foods that are transitional food textures include but are not limited to	<ul style="list-style-type: none">- KP Skips crisps, Chickatee crisps, Snax crisps, Cadbury's Milk Chocolate buttons- small discs, Rice Krispies, Flips



Level 6: Soft & Bite-Sized Diet

	Suggestions ✓	Avoid ✘
Meat	<ul style="list-style-type: none"> - Cooked, tender meat no bigger than 8mm x 8mm 	<ul style="list-style-type: none"> - Dry, tough or crispy meats - Meat with gristle
Fish	<ul style="list-style-type: none"> - Soft enough cooked fish to break into small pieces with a fork/ spoon 	<ul style="list-style-type: none"> - No bones
Casserole/ Stew/ Curry	<ul style="list-style-type: none"> - Liquid portion must be thick - Can contain meat, fish or vegetables if final cooked pieces are no larger than 8mm x 8mm and are soft and tender 	<ul style="list-style-type: none"> - Dry, tough or crispy meats - Meat with gristle - No hard lumps
Fruit	<ul style="list-style-type: none"> - Serve mashed - Fresh fruit pieces that are naturally soft, for example banana - Stewed and canned fruits in small pieces. Drain excess juice - Assess individual ability to manage fruit with high water content (e.g. watermelon) where juice separates from solid in the mouth during chewing - Pureed fruit 	<ul style="list-style-type: none"> - Fibrous parts of fruit are not suitable - Large or round fruit pieces that pose a choking risk for example grapes, cherries - Dried fruits (such as raisins), seeds and fruit peel - Dried tropical fruits, for example pineapple
Vegetables	<ul style="list-style-type: none"> - Steamed or boiled vegetables with final cooked size of 8mm x 8mm - Soft, canned vegetables, for example peas - Well-cooked legumes (the outer skin must be soft), for example baked beans - Soft roast potatoes and 	<ul style="list-style-type: none"> - Stir fried vegetables are often too firm and not soft or tender - All raw vegetables - Hard, fibrous or stringy vegetables and legumes, for example sweet corn, broccoli stalks



	Suggestions ✓	Avoid ✕
	chips that have no hard edges and can be mashed with a fork	
Cereal	<ul style="list-style-type: none"> - Smooth with soft tender lumps no bigger than 8mm acceptable - Texture fully softened 	<ul style="list-style-type: none"> - Any excess milk or fluid must be drained - Coarse or hard breakfast cereals that do not moisten easily for example toasted muesli, bran flakes - Cereals with nuts, seeds and dried fruit
Bread	<ul style="list-style-type: none"> - No bread unless assessed as suitable by Speech and Language Therapist, on individual basis 	<ul style="list-style-type: none"> - Consider removing crusts - Avoid breads with seeds and grains
Rice	<ul style="list-style-type: none"> - Rice- well cooked 	<ul style="list-style-type: none"> - Not particulate/ grainy, sticky or glutinous
Snacks / Desserts	<ul style="list-style-type: none"> - Puddings, dairy desserts, custards, yoghurt and ice cream, mousse, jelly * - Creamed rice, moist bread and butter pudding - Moist cakes (extra moisture may be needed- e.g. custard) - Soft stewed fruit based desserts (e.g. apple crumble with soft crumble) 	<ul style="list-style-type: none"> - Dry cakes - Hard biscuits - Hard or flaky pastry - Nuts and seeds - Dried fruit - Crackers
Miscellaneous	<ul style="list-style-type: none"> - Soup- may contain lumps * 	<ul style="list-style-type: none"> - Soups with large pieces of meat, vegetables, corn or rice

* These foods may need modification for individuals requiring thickened liquids



Level 5: Minced & Moist Diet

	Suggestions ✓	Avoid ✗
Meat	<ul style="list-style-type: none">- Finely minced or chopped, tender mince (pieces 2mm)- Remove all skin, bones and gristle before mincing	<ul style="list-style-type: none">- Casseroles or mince dishes with hard or fibrous particles for example peas/ onions
Fish	<ul style="list-style-type: none">- Finely mashed in extremely thick smooth, non-pouring sauce or gravy	<ul style="list-style-type: none">- No bones
Casserole/ Stew/ Curry	<ul style="list-style-type: none">- Casserole dishes may be blended to reduce particle size- Serve in extremely thick, smooth non pouring sauce or gravy	<ul style="list-style-type: none">- Casseroles or mince dishes with hard or fibrous particles for example peas/onions
Fruit	<ul style="list-style-type: none">- Mashed soft fresh fruits, for example mango, banana- Mashed pieces of canned or stewed fruit (Peel and remove all pips before stewing fresh fruit such as apples and pears)- Drain excess fluid	<ul style="list-style-type: none">- Fruit pieces larger than 2mm- Fruit that is too hard to be mashed with a fork
Vegetables	<ul style="list-style-type: none">- Tender cooked vegetables that are easily mashed with a fork- Well-cooked legumes (Mashed or blended)	<ul style="list-style-type: none">- All raw vegetables- Vegetable pieces larger than 2mm or too hard to be mashed with a fork- Fibrous/ stringy vegetables that require chewing for examples, peas, celery
Cereal	<ul style="list-style-type: none">- Very thick and smooth with small (2mm) soft lumps- Texture fully softened	<ul style="list-style-type: none">- Any milk/ fluid must not separate away from cereal. Drain any excess fluid before serving



	Suggestions ✓	Avoid ✘
Bread	<ul style="list-style-type: none"> - Bread in a soaking solution that is very moist and gelled through the entire thickness 	<ul style="list-style-type: none"> - No regular, dry bread unless recommended by a Speech & Language Therapist (SLT) - All breads, sandwiches, pastries, crackers and dry biscuits
Rice	<ul style="list-style-type: none"> - Not sticky or glutinous (particularly short grain rice) and should not be particulate or separate into individual grains when cooked and served (particularly long grain rice) 	<ul style="list-style-type: none"> - Rice that does not hold together, for example par-boiled, long- grain or basmati
Snacks / Desserts	<ul style="list-style-type: none"> - Smooth puddings, dairy desserts, custard, yoghurt, and ice cream * - Soft moist sponge cake desserts with lots of custard and ice cream * for example trifle, tiramisu - Stewed fruit based desserts without hard bases, crumbly or flaky pastry for example apple crumble with custard - Creamed rice, tapioca 	<ul style="list-style-type: none"> - Desserts with sultanas, seeds or coconut - Pastry and hard crumble
Miscellaneous	<ul style="list-style-type: none"> - Soup- may contain small lumps 	<ul style="list-style-type: none"> - Soups with large pieces of meats, vegetables, corn or rice - Sweets such as jellies/ marshmallows

* These foods may need modification for individuals requiring thickened liquids



Level 4: Pureed Diet

	Suggestions ✓	Avoid ✘
Meat	<ul style="list-style-type: none"> - Puree meat - Serve in extremely thick, smooth non pouring sauce or gravy 	<ul style="list-style-type: none"> - Minced or partially pureed meats
Fish	<ul style="list-style-type: none"> - Puree fish - Serve in extremely thick, smooth non pouring sauce or gravy 	
Fruit	<ul style="list-style-type: none"> - Puree fruits (remove skin and seeds before cooking) - Well mashed banana 	<ul style="list-style-type: none"> - Pureed fruit with visible lumps
Vegetables	<ul style="list-style-type: none"> - Puree vegetables - Puree potatoes - Puree legumes, for example, baked beans or peas (ensuring no husks in final puree) 	<ul style="list-style-type: none"> - All raw vegetables - Coarsely mashed vegetables - Avoid pureed vegetables with fibre or hard skins e.g. cabbage, celery
Cereal	<ul style="list-style-type: none"> - Smooth, lump free breakfast cereals. For example semolina, pureed porridge, Ready Brek, Weetabix (mashed and mixed with mil)*- smooth and lump free 	<ul style="list-style-type: none"> - Cereals with coarse lumps or fibrous particles, for example all dry cereals, porridge that has not been pureed - All dry cereals
Rice	<ul style="list-style-type: none"> - Pureed rice 	
Snacks / Desserts	<ul style="list-style-type: none"> - Smooth puddings, dairy desserts for example pureed rice pudding , custards, yoghurts, and ice- cream * - Yoghurt must be lump free 	<ul style="list-style-type: none"> - Desserts with fruit pieces, seeds, nuts, crumble, pastry or non – pureed garnishes - Cakes, biscuits, pastries
Miscellaneous	<ul style="list-style-type: none"> - Soup- blended or strained to remove lumps * 	<ul style="list-style-type: none"> - Soups with lumps - Crisps and sweets

* These foods may need modification for individuals requiring thickened liquids



Level 3: Liquidised Diet

	Suggestions ✓	Avoid ✘
Meat	<ul style="list-style-type: none"> - Liquidised meat (puree with sauce/ gravy to achieve a runny moist texture). Remove all bones, gristle and skin prior to liquidising 	<ul style="list-style-type: none"> - Minced or partially puree meats
Fish	<ul style="list-style-type: none"> - Liquidised fish (puree with sauce/ gravy to achieve a runny moist texture). Remove all bones, skin prior to liquidising 	<ul style="list-style-type: none"> - Minced or partially puree fish
Fruit	<ul style="list-style-type: none"> - Liquidised fruits (remove skin and seeds before cooking) - Liquidised tinned pears or peaches 	<ul style="list-style-type: none"> - Pureed fruit with visible lumps
Vegetables	<ul style="list-style-type: none"> - Liquidised vegetables - Liquidised baked beans/ peas (sieved and strained to ensure no husks) - Vegetable soup that has been blended or strained to remove lumps 	<ul style="list-style-type: none"> - All raw vegetables - Coarsely mashed vegetables - Avoid liquidising vegetables with fibre or hard skin e.g. cabbage, celery
Cereal	<ul style="list-style-type: none"> - Smooth, lump free breakfast for example semolina, liquidised porridge, Ready Brek, Weetabix 	<ul style="list-style-type: none"> - Cereals with coarse lumps or fibrous particles, for example all dry cereals
Snacks / Desserts	<ul style="list-style-type: none"> - Smooth runny puddings, dairy desserts for example liquidised rice pudding, custards, melted ice cream * 	<ul style="list-style-type: none"> - Desserts with fruit pieces, seeds, nuts, crumble, pastry or non-pureed garnishes - Cakes, biscuits, pastries
Miscellaneous	<ul style="list-style-type: none"> - Soup- blended or strained to remove lumps 	<ul style="list-style-type: none"> - Soup with lumps - Crisps, sweets



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