

UNDERSTAND MODIFIED TEXTURE DIETS

With some medical conditions, the speech therapist or medical provider may prescribe a modified textured diet when someone has difficulty swallowing food or drink. Learn more about providing your loved one with homemade meals.

MODIFIED FOOD TEXTURES

REGULAR DIET

No modifications to the texture or consistency.



SOFT TEXTURE

Should consist only of soft and moist foods.



MECHANICAL SOFT

Thick and chunky mashed potato consistency.



PUREED DIET

Everything is pureed or blended to maintain a pudding-like consistency.



THICKENED LIQUIDS

FREE LIQUIDS

No change or modification.



FRAIZIER FREE WATER

Sips of regular water, other limitations likely exist.



NECTAR-THICK

Should move freely but leave a coating on a spoon.



HONEY-THICK

Should mimic the consistency of fresh honey.



PUDDING-THICK

Should not drip or be drinkable, but should be thick like yogurt.

