



OPWDD Choking Prevention Initiative

**CPI Part II Training Manual:
Preparation Guidelines for Food and
Liquid Consistency
Revised 2023**

Acknowledgements

The NYS OPWDD Food Consistency Guidelines were developed by a statewide committee for the Choking Prevention Initiative. This statewide interdisciplinary committee was composed of speech-language pathologists, occupational therapists, dietitians, and nurses who contributed their unique knowledge in combination with years of practical experience to the development process. The interdisciplinary team approach was a very effective catalyst for designing guidelines that would be practical and well utilized in the field and meet the needs of the people for whom we provide care.

We would especially like to acknowledge the contribution of the Finger Lakes DDSO Clinicians Team for their assistance in composing the Food Consistency Guidelines.

A training video presentation entitled “Preparation of Food and Liquid Consistency” is a complementary piece developed to illustrate the recommended preparation of the referenced food and liquid consistencies in the Food Consistency Guidelines. This video presentation can be found on the OPWDD website in the training section. We appreciate and acknowledge the Central NY DDSO dietitians, the speech and language pathologists and occupational therapists that were instrumental in developing and demonstrating for this video production.

Finally, we would like to acknowledge and thank the OPWDD Central Office staff for their review, edits, and application of final touches to all the training materials, tools, and other resources for our Choking Prevention Initiative.

This information is to be used as a guide for OPWDD standardized food consistencies. Individualized assessments by the appropriate clinician are essential in developing the appropriate care plan for each person to meet their specific needs and provide optimal care.

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Introduction

Many people served by OPWDD have problems chewing and/or swallowing food, placing them at possible risk for choking or aspiration. These individuals need food and/or liquids changed in some way to make it safer and easier to eat. This manual provides definitions and guidelines that will help in the safe preparation of the food and/or liquids for specific diet consistencies. When modifying food consistencies, it is important that the appearance, color, flavor, and aroma are as appetizing as possible.

It is important to remember that diet consistencies are prescribed by doctor's order and must be followed accordingly.

All foods need to be prepared and served so that they maintain as much of their natural moisture as possible. This is especially true of meats. While meats must be cooked to required temperature, overcooking meats should be avoided, as overcooking results in a hard, dry product which is difficult to chew and swallow safely and may place individuals at risk. If a meat appears to be dry after cooking, use a broth, low-fat sauce, gravy, or condiment to moisten.

Before beginning any food preparation, it is important to remember to wash your hands thoroughly. Gloves are required in ICF settings by health department regulation, preventing bare hand contact with foods which will not be cooked to a required temperature, or which have already been cooked. This is also a recommended best practice encouraged in all residential and program settings. The use of utensils and gloves assists greatly in the prevention of foodborne illness. Please note that hand sanitizers should only substitute for proper hand washing when soap and water are not available, such as on community outings and picnics.

In the video presentation accompanying these guidelines, gloves are not used, to promote ease in viewing the consistency modification process. The skins that remain on vegetables in the video are to assist with viewing and may not represent the accuracy of the consistency indicated in these guidelines, please follow the specifics in these guidelines.

NYS OPWDD has reviewed both the National Dysphagia Diet (NDD) and the International Dysphagia Diet Standardization Initiative (IDDSI) during the creation and review of the CPI Guidelines. Currently, OPWDD is choosing not to adopt those guidelines. This decision is based on the lack of clear and specific consistency descriptions, absence of training resources and inability to require staff to "test" liquid consistencies within a community residential environment. If OPWDD adopted these guidelines it would mean reverting back to the use of language that is often considered subjective which is counterproductive to the intent of the CPI Guidelines. The OPWDD CPI Guidelines supersedes both the NDD and IDDSI. Staff should utilize the OPWDD Food Consistency Terminology to coordinate with hospitals and Speech Language Pathologists to determine the appropriate food consistency for individuals when they return to service areas.

Please note that there are examples of specific name brands in certain areas of these guidelines, however the generic equivalent can be purchased instead of the name brand.

I. Terms and Definitions

- **Whole:** Food is served as it is normally prepared; no changes are needed in preparation or consistency.
- **1" Pieces Cut to Size:** Food is served as prepared and cut into 1-inch pieces (about the width of a fork). Staff should cut the food into the appropriate size unless the individual has been assessed by a clinician and determined to be capable of cutting their own food.
- **1/2" Pieces Cut to Size:** Food is cut with a knife or chopped in a food processor into ½-inch pieces (about the width of a butter knife). Staff should cut the food into appropriate size unless the individual has been assessed by a clinician and determined to be capable of cutting their own food.
- **1/4" Pieces Cut to Size:** Food is cut by staff with a knife or pizza cutter or placed in a food processor and cut into ¼-inch pieces (about the width of a #2 pencil).
- **Ground: Food must be prepared using a food processor or comparable equipment** until MOIST, COHESIVE AND SIMILAR TO PICKLE RELISH. Ground food must always be moist. Ground meat is moistened with a liquid either before or after being prepared in the food processor and is ALWAYS served with a moistener such as broth, low fat sauce, gravy, or appropriate condiment as per the person's therapeutic diet. Hard, dry ground particles are easy to inhale and must be avoided.
- **Pureed: Food must be prepared using a food processor or comparable equipment.** All foods are moistened and processed until smooth, achieving an applesauce-like or pudding consistency. A spoon SHOULD NOT stand up in the food, but consistency should not be runny. Each food item is to be pureed separately, unless foods are prepared in a mixture such as a soup, stew, casserole, or salad.
- **Liquidized:** All foods are moistened and processed until smooth (no lumps) to a nectar or honey consistency. This is like a pureed diet but has a slightly thinner consistency. It is smooth throughout, there are no lumps, and it is not pasty, sticky or gummy. Each food item is served separately, unless foods are prepared in a mixture such as a soup, stew, casserole, or salad. Food will need additional liquids added to the food to achieve the nectar or honey thickened liquids consistency. Liquids can include but are not limited to broth, milk, water from the cooked vegetables, gravy. If food is too thin, a thickener may be needed to achieve the correct consistency.
- **Soft:** For the definition purposes, soft is when an independent food item can be cut with the side of a fork with little effort, Diet Orders should not include the term soft in general terms of an entire food group.
- **Hard:** As an independent food item that is unable to be cut with the side of a fork, like raw carrots.

NOTE: Any individual's diet consistency may be a combination of food consistency types using the above standardized terminology, such as ½" Pieces Cut to Size and Ground Meat. Another example is, 1" Pieces Cut to Size. Exception: May have bananas, fruit grain bar, and French fries in whole consistency.

II. OPWDD Food Consistency Terminology

Term	How to Prepare	Size	Description	Examples
Whole	Prepared as commonly served	As prepared	No consistency changes required	Moist, tender cooked chicken breast
1" Pieces Cut to size	Cut by staff*	Cut into thin 1" pieces	Pieces of food approximately the width of a fork and cut thin	Moist, tender cooked chicken breast cut in 1" pieces
½" Pieces Cut To Size	Cut by staff*	Cut into ½" pieces	Moist, tender pieces of food approximately the width of a butter knife	Moist, tender cooked chicken cut in ½" pieces
¼" Pieces Cut to Size	Cut by staff or processed	Cut into ¼" pieces	Moist, tender pieces of food approximately the width of a #2 pencil	Moist, tender cooked chicken cut in ¼" pieces
Ground	Prepared using food processor or comparable equipment	Relish-like	Moist, cohesive, like relish, must be served with a low-fat gravy, sauce, or condiment	Moist, tender ground chicken served with low-fat gravy
Puree	Prepared using food processor or comparable equipment	No lumps, food is not sticky, pasty, or runny	Smooth, pudding like, moist	Moist, tender cooked chicken with low-fat gravy processed to smooth product with no lumps
Liquidized	Prepared using food processor or comparable equipment	No lump, food is not sticky	Smooth	Like a puree consistency, but with a honey or nectar thickness

* An individual can cut their own food to the appropriate size if a clinician has assessed and determined to be capable of cutting their own.

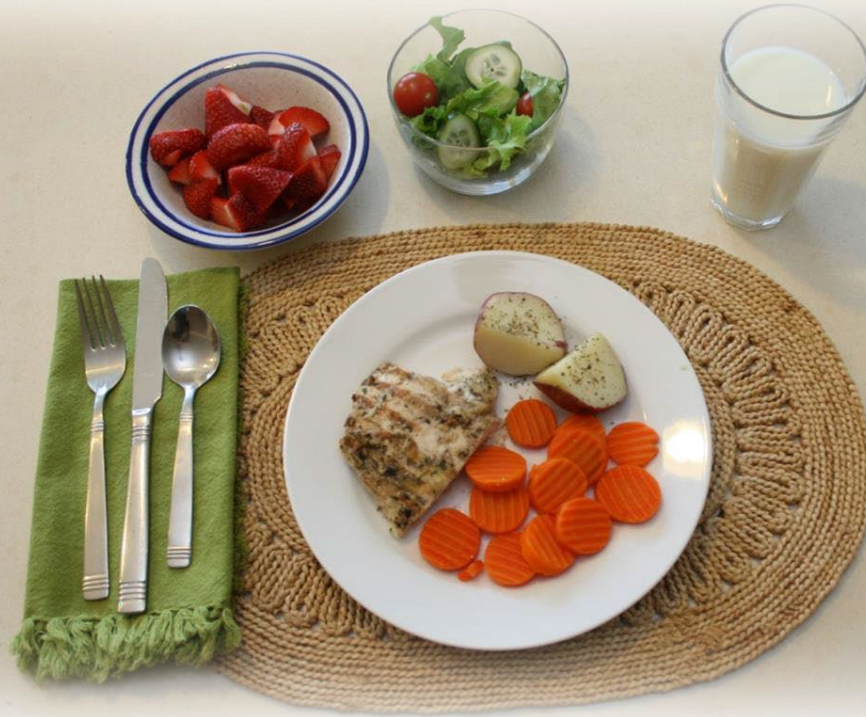
III. High Risk Foods That May Cause Choking

The foods listed below are difficult for some people to chew and swallow. These foods could cause a person to choke, cough or inhale food and/or liquid into their lungs (aspirate). Remember to follow consistency modification guidelines. (This list includes, but is not limited to, common high-risk foods that may cause choking or aspiration).

Apple chunks and slices	Hard candies
Bacon	Hot dogs
Bread	Jello Jigglers™
Cheese (cubed, string or melted)	Lima beans
Chewing gum	Marshmallows (including all marshmallow candy such as Peeps™)
Coconut	M&M's™
Corn	Meatballs
Crackers (especially Wheat Thins™, Triscuits™, Saltines™)	Peanut butter/nut/seed butter
Croutons	Peanuts and other nuts and seeds
Donuts	Peas
Dried fruits	Plain rice
Dried peas or beans	Popcorn
Dry cereal	Raisins
Dry meat	Raw vegetables
Dry muffins or pound cake	Refried beans
Fresh oranges and grapefruit segments	Reese's Pieces
Fruit cocktail	Sausages
Granola	Snack chips
Grapes	Whole hard-boiled eggs
Gummy candies	

Remember ANY food and/or fluids can cause choking.

Whole Diet



IV. Whole Diet

DEFINITION: Food is presented as commonly served. No consistency changes are required. For example, sandwiches are typically served cut in half.

WHO NEEDS THIS DIET: People receiving this diet have no difficulty chewing or swallowing.

WHY IS THIS DIET PRESCRIBED: People receiving this diet do not need a change in consistency. They are typically able to cut their own food and pace themselves appropriately.

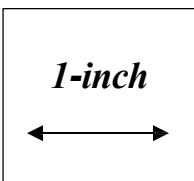
HOW TO PREPARE: No special instructions required. Prepare and serve food as usual. Assistance can be provided to an individual to cut food when necessary.

Whole Diet Meal Guidelines		
FOOD CATEGORY	FOOD PERMITTED	FOOD OMITTED
Breads	All	None
Cereals	All	None
Pasta, Potatoes	All	None
Meat, Poultry, Fish, Eggs	All Hotdogs, Kielbasa, and Sausages are encouraged to be cut lengthwise before serving	None
Legumes (Beans: kidney, black eyed, cannellini, navy/ great northern/white, black, pinto, garbanzo/ chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked	None
Casseroles	All	None
Sandwiches	All	None
Soups	All	None
Fruits	All	None
Vegetables	All	None
Fresh Vegetable Salads	All	None
Dairy	All	None
Desserts, Sweets, Snacks	All	None
Fats, nuts, olives, etc.	All	None

1" Pieces Cut to Size



V. 1" Pieces Cut to Size



DEFINITION: Food is served as prepared and cut into 1" pieces (about the width of a fork). Although meats, hard vegetables, and hard fruits may be cut into 1" pieces, they are not meant to be sliced as 1" cubes. They should be **sliced thinly** to meet the needs of the individual being served. Meats should be cut as close as possible to the time of consumption to prevent it from drying out. Staff should cut the food into the appropriate size unless the individual has been assessed by a clinician and determined to be capable of cutting their own food independently.

WHO NEEDS THIS DIET: People receiving this diet may or may not have a chewing and/or swallowing problem.

WHY IS THIS DIET PRESCRIBED: People may be at risk for choking due to being unable to cut their own food, may have minimal chewing/swallowing issues and/or other mealtime behaviors (increased rate of eating, large bite size, etc.), which increases their risk of choking/aspiration. This diet consistency may also be used to slow the rate of eating in conjunction with pacing as one option among others.

HOW TO PREPARE:

- **BREAD:** Spread bread with condiment according to menu or a condiment of the person's choice. Cut bread and pieces of toast into uniform 1" pieces.
- **PASTA:** Thoroughly cook pasta until soft. Add a small amount of either margarine, butter, broth or a low-fat sauce or gravy. Cut into 1-inch pieces when serving.
- **MEAT, FISH, POULTRY, EGGS:** Cook and remove the bone, gristle, and skin. Cut into 1" pieces, ensuring to AVOID 1" cubes. If meat is not tender and moist, moisten with a low-fat sauce or gravy when serving, which allows for easier chewing and swallowing.
- **SANDWICH:** Cut into uniform 1" pieces. Sandwiches should not be stacked. Peanut butter (nut/seed butter) and jelly sandwich is allowed utilizing one of the 2 recipes provided within these guidelines.
- **FRESH VEGETABLE SALAD:** Cut each piece of raw vegetable into 1" pieces. Serve mixed with choice of salad dressing.
- **FRESH FRUIT:** Cut fruit into 1" pieces. Pits must be removed in fruits with pits like peaches, plums, and cherries. Grapes should be cut in half to avoid its round shape.
- **VEGETABLE:** Cut vegetables into 1" pieces.

1" Pieces Cut to Size Meal Guidelines

FOOD CATEGORY	FOOD PERMITTED (WHEN CUT IN 1" PIECES)	FOOD OMITTED (FOODS THAT CANNOT BE CUT INTO 1" PIECES AS DESCRIBED ABOVE)
Breads	Bagels, biscuits, breads, crackers, English Muffins, pancakes, pizza, rolls, soft taco shells, waffles Hard taco shells broken into 1" pieces.	Whole Hard taco shells.
Cereals	All	None
Pasta, Potatoes, Rice	All	None
Meat, Fish, Poultry, Eggs	All, if tender and moist. If not, serve with low fat sauce or gravy to moisten Hot dogs, Sausages, and Kielbasa must be cut lengthwise before being cut to the appropriate size.	Hard, dry meats
Legumes (Beans: kidney, black eyed, cannellini, navy/ great northern/white, black, pinto, garbanzo/ chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked	None
Casseroles	All	None
Sandwiches	All, when cut into 1" pieces. Peanut Butter (nut/seed) sandwich or with jelly, only in accordance with the recipe provided.	None
Soups	All, when ingredients are in 1" pieces or smaller.	None
Fruits	All including those that have had their pits removed	Fruits with pits intact
Vegetables	All	None
Fresh Vegetable Salads	All	None
Dairy	All	None
Desserts, Sweets, Snacks	All except those listed	Hard candies
Fats, nuts, olives, etc.	All except those listed	Whole nuts, olives with pits

1/2" Pieces Cut to Size



VI. ½” Pieces Cut to Size

½ -
inch

DEFINITION: Food is served as prepared and cut into ½” pieces (about the width of a butter knife). Meats should be cut, as close as possible to the time of consumption to prevent it from drying out. Staff should cut the food into the appropriate size unless the individual has been assessed by a clinician and determined to be capable of cutting their own food independently.

WHO NEEDS THIS DIET: People receiving this diet *do not chew thoroughly*.

WHY IS THIS DIET PRESCRIBED: People receiving this diet are at risk for choking/aspiration.

HOW TO PREPARE:

- **BREAD:** Spread bread with a condiment according to menu or a condiment of the person’s choice. Cut bread and pieces of toast into uniform ½” pieces. Pieces of bread and toast should not be stacked. The crust of most commercial bread is okay. Pizza should have the outer crust removed; soft bottom crust and toppings cut into ½” pieces, omitting ingredients not permitted on the ½” Pieces to cut to size diet.
- **PASTA:** Thoroughly cook pasta until soft. Add a small amount of either margarine, butter, broth, low-fat sauce, or gravy. Cut into ½” pieces when serving. Pasta shapes that are less than ½” in size cooked include: Acini di Pepe, Ditalini, Orzo, and Pastina.
- **MEAT, FISH, POULTRY, EGGS:** Cook and remove the bone, gristle, and skin. Cut into ½” pieces. Meat should be moist and can be served with a low-fat sauce or gravy, which allows for easier chewing and swallowing.
- **SANDWICH:** A sandwich must have moist ground filling (for example tuna or egg salad), or be made from thin sliced deli meats, and be cut into uniform ½” pieces. Any vegetable/condiments added to sandwich should be within ½” pieces. Peanut butter (nut/seed) and jelly sandwiches may be provided in accordance with the recipe provided within the guidelines. Sandwiches should be served open-faced if greater than ½” pieces when stacked.
- **FRESH VEGETABLE SALAD:** Place in food processor or chop into ½” pieces or less. Serve mixed with choice of salad dressing.
- **FRESH FRUIT:** Cut fruit into ½” pieces. Ripe fresh fruits without pits, skins and seeds should be cut into ½” pieces. For fresh fruits with a crisp consistency like fresh apples, pears, and pineapple, it may be easier to place them in the food processor to reach the desired consistency. Avoid fruits that cannot be softened.
- **VEGETABLE:** Cut vegetables into ½” pieces.

½” Pieces Cut to Size Meal Guidelines

FOOD CATEGORY	FOOD PERMITTED (WHEN CUT IN ½-INCH PIECES)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED AS DESCRIBED ABOVE)
Breads	Crackers, baby goldfish, saltines, pancakes, soft biscuits, soft breads, soft rolls, soft taco shells, soft tortillas, waffles, sandwich thins, soft bottom pizza crust. Teddy Grahams can only be given if softened in milk.	Bagels, croutons, English Muffins, hard bread, Triscuits, hard taco shells, Kaiser rolls, outer pizza crust.
Cereals	All, except any that do not soften in liquids.	Cereals with dried fruits (including raisins) or nuts, granola, or hard granola bars, Grapenuts™, shredded wheat.
Pasta, Potatoes, Rice	All well-cooked pastas, potatoes, quinoa, couscous, and rice	Potato with skins
Meat, Fish, Poultry, Eggs	All, if tender and moist. If not, serve with low fat sauce or gravy to moisten. Pre-sliced pepperoni only as a topping to pizza. Skinless, hot dogs, sausages, and kielbasa must be cut lengthwise before being cut to the appropriate size.	Tough, dry meats hot dogs, kielbasa, and sausage with natural casing/skin Beef jerky, Slim Jim, meat sticks, pepperoni with casing or “hand-cut” from pepperoni log.
Legumes (Beans: kidney, black eyed, cannellini, navy/ great northern/white, black, pinto, garbanzo/ chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked	None
Casseroles	Casseroles include tender meat that can be cut with a fork to ½-inch pieces. All ingredients must be no larger than ½-inch pieces.	Casseroles with tough meats.
Soups	All, with ingredients that are ½-inch pieces.	None

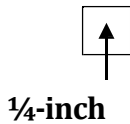
½" Pieces Cut to Size Meal Guidelines Cont.

FOOD CATEGORY	FOOD PERMITTED (WHEN CUT IN ½-INCH PIECES)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED AS DESCRIBED ABOVE)
Sandwiches	All, when cut into ½" pieces. Peanut butter (nut/seed) and jelly sandwiches only prepared using recipe provided within guidelines.	Meats contained in sandwiches must be tender and moist.
Fruits	Peeled fresh bananas, strawberries, kiwi, soft melon, mango Frozen berries, peaches, mango, cherries (without pits), that have been thawed. Canned pears, peaches, mandarin oranges, crushed pineapple, applesauce. Dried fruits that have been stewed until tender.	Fruits not listed in the permitted section including grapes, Plain dried fruit such as raisins and prunes that are not stewed, fruits with pits (cherries).
Vegetables	Fresh, frozen, canned vegetables cooked until tender.	Raw vegetables (unless fresh salad below) such as celery, peppers, onions, and carrots unless finely minced as part of a sandwich spread, or in potato, macaroni, and pasta salads. Raw cauliflower, broccoli, sugar snap peas, snow peas.
Fresh Vegetable Salads	Lettuce, spinach, tomatoes, skinless cucumbers cut into ½" pieces.	Skins on cucumbers, celery; coleslaw with hard or long pieces.
Dairy	Sliced Cheese cut into ½" pieces.	Cheese stick, cheese cubes.
Desserts, Sweets, Snacks	Soft desserts, cookies, donuts, cakes, pies, Hershey Bar, York Peppermint Pattie, Reese's Peanut Butter Cups, potato chips, cheese puffs.	Hard candies, hard cookies, chewing gum, taffy, gummy or chewy candy, popcorn, pretzels, tortilla chips, kettle cooked potato chips, corn chips, potato skins, coconut, marshmallows, marshmallow crème (ex. Fluff), granola bars Beef jerky, Slim Jim/meatstick.
Fats, nuts, olives	Margarine, butter, oils, salad dressings, crumbled bacon or bacon bits, sliced olives, ground nuts as an ingredient.	Loose nuts, whole olives, whole pickles, peanut butter or other nut/seed butter unless prepared in accordance with the recipe provided in guidelines.

1/4" Pieces Cut to Size



VII. ¼” Pieces Cut to Size



DEFINITION: Food is served as prepared and cut by staff into 1/4" pieces (about the width of a #2 pencil. A food processor may be used to achieve this consistency. Meats should be cut, by staff, as close as possible to the time of consumption to prevent it from drying out.

WHO NEEDS THIS DIET: People receiving this diet have difficulty chewing and swallowing food in ½" pieces.

WHY IS THIS DIET PRESCRIBED: People receiving this diet do not chew thoroughly and may be at risk for choking or aspiration.

HOW TO PREPARE:

- **BREAD:** Remove crust and spread bread with a condiment according to menu or a condiment of the person’s choice. Cut bread or toast into uniform ¼" pieces.
- **PASTA:** Thoroughly cook pasta until soft. Add a small amount of either margarine, butter, broth, or a low-fat sauce or gravy.
- **MEAT, FISH, POULTRY, EGGS:** Cook and remove the bone, gristle, and skin. Cut into ¼ inch pieces. Meat should moist and tender and served with a low-fat sauce or gravy, which allows for easier chewing and swallowing.
- **SANDWICH:** A sandwich must have moist filling (for example tuna or egg salad) or be made from thin sliced deli meats without skin, the crust should be removed, and be cut into uniform ¼ inch pieces. Finely minced onion or relish may be added. Lettuce and/or tomato should not be served on sandwich. Sandwich must be served open-faced.
- **FRESH VEGETABLE SALAD:** Place in food processor and coarsely grind into ¼" pieces or less. Serve mixed with choice of salad dressing.
- **FRESH FRUIT:** Ripe fresh fruits without pits, skins and seeds should be cut into ¼ inch pieces. For fresh fruits with a crisp consistency like fresh apples, pears, and pineapple, it may be easier to remove skins and place fruit in the food processor to reach the desired consistency. Avoid fruits that cannot be softened.
- **VEGETABLE:** Avoid vegetables that cannot be softened or are stringy.

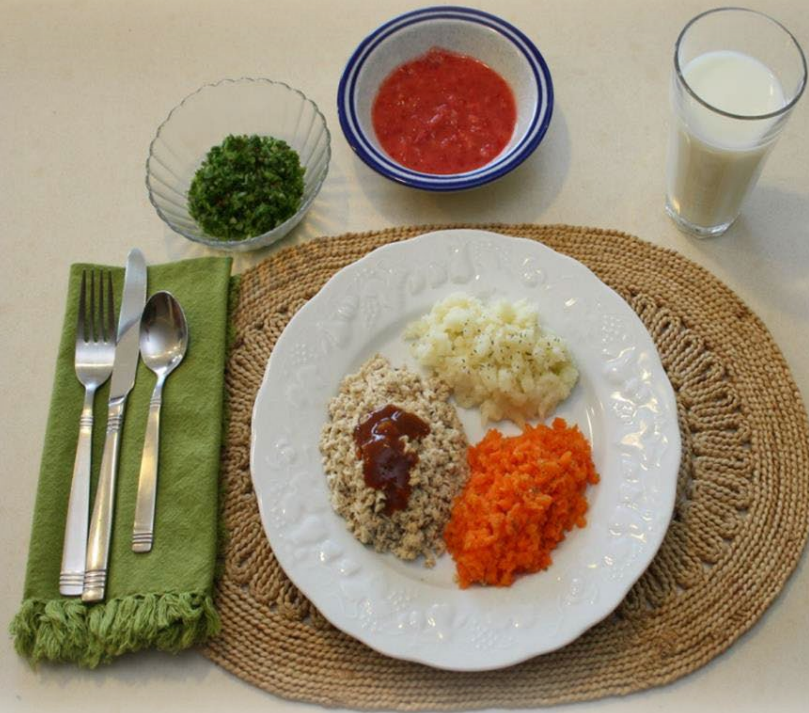
¼" Pieces Cut to Size Meal Guidelines

FOOD CATEGORY	FOOD PERMITTED (WHEN CUT IN ¼ INCH PIECES)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED AS DESCRIBED ABOVE)
Breads	Pancakes, soft biscuits, soft breads without crust, soft rolls, soft taco shells, waffles, ground pizza.	Bagels, croutons, English Muffins, hard bread, crackers, hard taco shells, Kaiser rolls, outer edge of pizza crust.
Cereals	Hot cereals: all dry cereals ground or crushed, then softened in liquids	All cereals with dried fruits or nuts, granola, or granola bars, Grapenuts™, shredded wheat.
Pasta, Potatoes, Rice	All well-cooked pastas, potatoes, and rice.	Potato with skins, wild rice
Meat, Fish, Poultry, Eggs	All tender, moist and served with low fat sauce or gravy to moisten. Scrambled eggs, egg salad, and omelets that do not include omitted ingredients. Skinless hot dogs, sausages, and kielbasa must be cut lengthwise before being cut to the appropriate size.	Hard, dry meats hot dogs, kielbasa, and sausage with natural casing/skin, plain hard-boiled eggs, fried eggs.
Legumes (Beans: kidney, black eyed, cannellini, navy/ great northern/white, black, pinto, garbanzo/ chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked/canned, except garbanzo/chickpeas unless ground/part of hummus.	Garbanzo beans/chickpeas due to hardness.
Casseroles	Casseroles containing tender ingredients in ¼" pieces.	Casseroles with tough ingredients.
Sandwiches	All, when cut into ¼" pieces and served open-faced without crust. May have peanut butter (nut/seed) and jelly sandwiches when prepared in accordance with the recipe provided.	Tough, dry meats, sliced cheese, peanut butter, nut/seed butter unless prepare in accordance with recipe in guidelines. No grilled cheese sandwiches.
Soups	All, when ingredients are in ¼" pieces or smaller.	Avoid hard pieces.

¼" Pieces Cut to Size Meal Guidelines Cont.

FOOD CATEGORY	FOOD PERMITTED (WHEN CUT IN ¼ INCH PIECES)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED AS DESCRIBED ABOVE)
Fruits	Peeled fresh, frozen, canned, and stewed fruits.	Hard fruits, raw fresh fruits such as apples with skins, fruits with membranes grapefruit, oranges, grapes with seeds, plain dried fruit such as raisins and prunes that are not stewed, fruits with pits (cherries).
Vegetables	Cooked fresh, frozen, canned vegetables.	Raw vegetables (unless fresh salad below) such as celery, peppers and carrots unless finely minced as part of a sandwich spread, or in potato, macaroni, and pasta salads.
Fresh Vegetable Salads	Cut into ¼-inch pieces this includes bagged salad.	Skins on cucumbers and tomatoes, celery; coleslaw with hard or long pieces.
Dairy	Blended yogurt; warm, melted cheese.	Sliced cheese, string cheese, yogurt with fruit chunks.
Desserts, Sweets, Snacks	Soft desserts, cookies, donuts, cakes, pies.	Hard candies, hard cookies, chewing gum, taffy, gummy or chewy candy, popcorn, pretzels, chips, tortilla chips, potato skins, coconut, marshmallows, marshmallow crème (ex. Fluff), granola bars, ice cream with chunks (nuts, fruit, cookie pieces, candy, etc.) larger than ¼".
Fats, nuts, olives	Margarine, butter, oils, salad dressings, crumbled bacon, sliced olives – cut to size, ground nuts as an ingredient.	Dry foods, loose nuts, whole olives, whole pickles, peanut butter or other nut/seed butter – unless prepared within a sandwich using the recipe provided.

Ground



VIII. Ground

DEFINITION: Food is put through a food processor until MOIST and COHESIVE, like pickle relish. Ground food **must always** be moist. Meat and casseroles are ground in the food processor. Liquid may be added after the food is ground in food processor. **ALWAYS mix and serve** with a low-fat sauce, gravy, broth, or condiment appropriate for person's diet. **Loose, dry particles of food are not acceptable and may be dangerous as they can be easily inhaled.** For example, cooked rice must be cut in food processor, moistened, and served with a sauce. Breadcrumbs **must** be moistened and **never** served dry.

Food should be prepared so that:

- Each food item is served separately, unless foods are prepared in a mixture such as a soup, stew, casserole, or salad.

WHO NEEDS THIS DIET: People receiving this diet do not chew thoroughly and may have difficulty swallowing.

WHY IS THIS DIET PRESCRIBED: This diet provides a moist, cohesive consistency that does not require functional chewing and is easy to swallow.

HOW TO PREPARE:

NOTE: For a ground diet, measure portions **before** processing.

- **BREAD/CEREALS:** without nuts, seeds, and dried fruit: Spread soft bread with condiment according to menu. Process bread, crackers, baked goods, dry cereal as permitted in the food processor with an appropriate liquid. Milk is a commonly used for processing breads and cereals. The processed bread, crackers, baked goods, and cereal **MUST** be moistened and allowed to absorb before serving, it should be mashed with a spoon. These items should not be dense or stiff, if so, add more liquid. Remove outer crust from pizza before processing. Omit toppings not permitted on ground diet. Grind soft bottom crust with warm cheese; add extra sauce to achieve a moist ground consistency. Serve warm.
- **PASTA/RICE:** Thoroughly cook pasta/rice until soft. Adding a small amount of oil keeps most pasta/rice dishes from becoming too pasty. Process until like pickle relish. **Do not over process** because rice and pasta will become pasty and difficult to swallow. Before serving, **always** add extra sauce or gravy.
- **MEAT, FISH, POULTRY, EGGS:** Cook and remove the bone, gristle, and skin. **Grind** with a broth or other liquid, or grind and then mix with a broth or liquid. All meat, fish and poultry **MUST** be moistened and served with a low-fat sauce, gravy, condiment, or other compatible liquid to allow for ease in swallowing.

- **SANDWICH:** Sandwich ingredients are processed in the food processor with an appropriate liquid until a relish-like consistency. Peanut butter (nut/seed) and jelly sandwiches may only be provided if using the recipe provided in the guidelines.
- **FRESH VEGETABLE SALAD:** Salad ingredients are processed briefly in food processor until ground. To achieve proper consistency, commercial thickener may need to be added due to the higher water content of most vegetables.
- **FRESH FRUIT:** Remove peels, skins, cores, pits and/or large seeds. Place in food processor and process until pieces are relish-like. Fruit needs to be moist and must stay together like tapioca pudding. Suggested ingredients to add to fruit: commercial food thickener or instant dry pudding mix.

Fresh fruits such as fresh pineapple, oranges, grapefruits, plums, and grapes cannot be used on a ground diet. They are too fibrous and have tough membranes or skins. Use a different fruit or a fruit juice.

- **VEGETABLE:** Prepare and cook vegetables. Drain well; place in food processor and process until vegetables are relish-like consistency.

Ground Meal Guidelines

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO A RELISH –LIKE CONSISTENCY)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED AS DESCRIBED ABOVE)
Breads	Crackers softened with a liquid, pancakes, pizza ground with extra sauce and without outer pizza crust, soft biscuits, soft breads, soft rolls, soft taco shells, waffles.	Bagels, bread with nuts/fruits/seeds, croutons, English muffins, hard bread, hard taco shells, hard or crusty rolls, pizza unable to be ground including outer pizza crust.
Cereals	Hot cereals: all dry cereals ground or crushed then softened in liquids.	Cereals with dried fruits or nuts, granola, Grapenuts™, shredded wheat, any cold cereals that do not soften in liquids.
Pasta, Potatoes, Rice	All well-cooked moist pastas, potatoes, quinoa, couscous, and rice, ADD EXTRA SAUCE OR GRAVY.	Potato with skins wild rice.
Meats, Poultry, Fish, Eggs	ALL MUST BE MOISTENED WITH A BROTH OR LIQUID AFTER BEING GROUND AND SERVED WITH A LOW-FAT SAUCE, GRAVY, CONDIMENT OR OTHER COMPATIBLE LIQUID, SCRAMBLED EGGS, EGG SALAD. FINELY GROUND BACON AS AN INGREDIENT.	Meat, poultry, and fish without sauces or gravies; hotdogs/sausages with natural casing/skin Bacon bits, beef jerky, Slim Jim, meat sticks, pepperoni, fried egg.
Legumes (Beans: kidney, black eyed, cannellini, navy/ great northern/white, black, pinto, garbanzo/ chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked, except garbanzo/chickpeas unless ground/part of hummus.	Garbanzo beans/chickpeas due to hardness
Casseroles	ALL MUST BE MOISTENED WITH A BROTH OR COMPATIBLE LIQUID AFTER BEING GROUND AND SERVED MOIST.	Casseroles, not altered per definition.

Ground Meal Guidelines Cont.

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO A RELISH –LIKE CONSISTENCY)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED AS DESCRIBED ABOVE)
Sandwiches	Ground and ALWAYS moistened with appropriate condiment or compatible liquid. Peanut butter (nut/seed) and jelly sandwich prepared according to recipe included in guidelines.	Cold sliced cheese, peanut butter, nut/seed butter unless mixed with applesauce according to the recipe in guidelines.
Soups	All soups must be ground except clear and cream soups with no pieces.	None
Fruits	Peeled fresh bananas, strawberries, kiwi, soft melon Previously frozen (thawed) berries, peaches, cherries (no pits) canned pears, peaches, mandarin oranges, crushed pineapple, applesauce Dried fruits that have been stewed .	Fruits not listed in the permitted section, Plain dried fruit such as raisins and prunes that are not stewed, fruits with pits (cherries).
Vegetables	Cooked fresh, frozen, canned vegetables Pickle Relish Ground, canned creamed corn.	Corn kernels, Raw vegetables not listed on allowed, Raw onion unless finely ground as part of a sandwich spread or in potato, macaroni, and pasta salad.
Fresh Vegetable Salads	Ground into relish-like consistency. Raw vegetables to include lettuce, spinach, seedless cucumber, skinless tomato, onion.	Corn kernels, Raw vegetables, Raw onion unless finely ground as part of a sandwich spread or in potato, macaroni, and pasta salad.
Dairy	Warm, shredded cheese as an ingredient, blended yogurt.	Yogurt with fruit chunks or food pieces unless ground. Cold sliced cheese; string cheese.

Ground Meal Guidelines Cont.

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO A RELISH –LIKE CONSISTENCY)	FOOD OMITTED (WHEN PROCESSED TO A RELISH –LIKE CONSISTENCY)
Desserts, Sweets, Snacks	Soft desserts, cookies, donuts, cakes, pies etc. moistened with a liquid. Plain gelatin, gelatin whipped with whipped topping or pureed fruit.	Hard candies, chewing gum, taffy, “gummy” candy, popcorn, chips, tortilla chips, pretzels, potato skins, coconut, Jello Jigglers™, marshmallows, marshmallow crème (ex. Fluff), or candy with marshmallows, cheese puffs or cheese balls, pork rinds, cookies with nuts or dried fruit, caramel candies, M&M’s™, Reese’s Pieces™.
Fats, nuts, olives, etc.	Margarine, butter, oils, salad dressing, ground bacon as an ingredient, ground olives and pickle relish. Peanut butter(nut/seed) as an ingredient in cakes, and cookies.	Nuts, bacon bits, beef jerky, Slim Jim/meat sticks, peanut butter (nut/seed) when not mixed in foods.

Puree



IX. Puree

DEFINITION: All foods are moistened and processed until smooth (no lumps) to an applesauce-like or pudding consistency.

Food should be prepared so that:

- It is smooth throughout
- There are no lumps
- It is not pasty, sticky or gummy
- It is not runny
- Each food item is served separately, unless foods are prepared in a mixture such as a soup, stew, casserole, or salad.

WHO NEEDS THIS DIET: People receiving this diet have severe difficulties with chewing and swallowing.

WHY IS THIS DIET PRESCRIBED: The diet provides a smooth, moist consistency that is easy to swallow and requires little oral motor skills.

HOW TO PREPARE:

NOTE: For a pureed diet, measure portions **before** processing.

- **BREAD/CEREALS:** Without nuts, seeds, and dried fruit: Spread bread with condiment according to the menu. Process bread in the food processor with an appropriate liquid. Soft breads without crust, some crackers, and some soft baked goods may be moistened with an appropriate liquid and allowed to absorb ALL the liquid to meet the above definition before serving. For example, use milk to moisten toast without crust, graham crackers, saltines, thin plain cookies, and sliced cake without nuts, raisins, coconut, or chocolate chips. Oatmeal and cold cereals (without nuts, berries, or raisins) must be pureed and served moistened. Waffles, pancakes, French toast must be pureed and served moistened, milk and maple syrup are suggested.
- **PASTA/RICE:** Thoroughly cook pasta/rice until soft. Adding a small amount of oil keeps most pasta/rice dishes from becoming too pasty. Process until smooth (no lumps). Use an adequate amount of liquid to make smooth and moist. Before serving, **always** add extra sauce or gravy.
- **MEAT, FISH, POULTRY, EGGS:** Cook and remove the bone, gristle, and skin. Puree with a broth or other liquid. All meat, fish, and poultry **MUST** be moistened and served with a low-fat sauce, condiment, or gravy appropriate for the person's therapeutic diet to allow for ease in swallowing.

- **SANDWICH:** Sandwich ingredients are processed in the food processor with an appropriate liquid and/or condiment. Bread must have crust removed. Peanut butter (nut/seed) and jelly sandwiches may only be provided if prepared using the recipe provided in guidelines.
- **FRESH VEGETABLE SALAD:** All ingredients are processed with a liquid and a commercial thickener to obtain a safe consistency and keep the desired flavor.
- **FRESH FRUIT:** Remove peels, skins, cores, pits and/or seeds. Place in food processor and process until pieces are applesauce-like. Fruit needs to be moist and must stay together like pudding. Suggested ingredients to add to fruit: commercial food thickener per ½ c. serving or instant dry pudding mix. Berries can be added to smoothies without the removal of the seeds, berries cannot be pureed as a dessert or snack as a single item.

Note: Fresh fruits such as fresh pineapple, oranges, grapefruits, plums, and grapes cannot be used on a pureed diet. They are too fibrous and have tough membranes or skins. Any fruit that cannot be modified correctly, should not be given. Use a different fruit or a fruit juice.

- **VEGETABLE:** Prepare and cook vegetables. Drain well; place in food processor and process until smooth to an applesauce-like consistency. If a baked or boiled potato with skin is used, remove skin before processing.

Puree Meal Guidelines

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO AN APPLESAUCE-LIKE CONSISTENCY, SMOOTH, NO LUMPS)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED TO A PUREED CONSISTENCY)
Breads	Crackers softened with a liquid, pancakes, pizza pureed with extra sauce and without outer pizza crust, soft biscuits, soft breads, soft rolls, soft taco shells, waffles.	Bagels, bread with nuts/fruits/seeds, croutons, English muffins, hard bread, hard or crusty rolls, hard taco shells, cornbread with whole corn kernels, pizza unable to be pureed including the outer pizza crust.
Cereals	Pureed cereals including pureed oatmeal, cheerios, cornflakes. Farina, cream of rice, cream of wheat, grits, and Wheatena™ do not need to be pureed.	Cereals with dried fruits or nuts, granola, Grapenuts™, raisin bran, Lucky Charms™, shredded wheat, or any cereal that does not soften.
Pasta, Potatoes, Rice	All well-cooked pastas, potatoes, quinoa, couscous, rice, add extra sauce or gravy.	Potato with skin, wild rice
Meats, Poultry, Fish, Eggs	ALL MUST BE MOISTENED WITH A BROTH OR LIQUID WHILE BEING PUREED; SERVE WITH A LOW-FAT SAUCE, GRAVY OR SMOOTH CONDIMENT Scrambled eggs, egg salad.	Meat, fish, poultry without sauces or gravies. Hotdogs, kielbasa, or sausages with natural casing/skin Pepperoni, bacon.
Legumes (Beans: kidney, black eyed, cannellini, navy/ great northern/white, black, pinto, garbanzo/ chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked/canned, except garbanzo/chickpeas unless ground/ part of hummus.	Garbanzo beans/chick-peas due to hardness.
Casseroles	All must be moistened with a broth or liquid while being pureed; serve with low fat sauce and gravy.	Casseroles that cannot be altered per definition.

Puree Meal Guidelines Cont.

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO AN APPLESAUCE-LIKE CONSISTENCY, SMOOTH, NO LUMPS)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED TO A PUREED CONSISTENCY)
Sandwiches	Pureed and ALWAYS moistened with appropriate condiment and/or liquid. Peanut butter (nut/seed) and jelly sandwiches as prepared using the recipe provided in these guidelines.	Cold sliced cheese, peanut butter (nut/seed) unless mixed with applesauce according to the recipe in guidelines.
Soups	All soups must be processed to be like a smooth creamed soup consistency. Add crumbled crackers or breadcrumbs when pureeing to thicken.	Soups with pieces of food which cannot be modified to a pureed consistency. Croutons.
Fruits	Peeled soft fresh, frozen, canned fruits. Stewed prunes and stewed raisins are allowed. Berries pureed within a smoothie.	Raw fresh fruits with skins, seeds, and membranes such as fresh pineapple, oranges, grapefruit, plums, apples, and grapes, Berries pureed without smoothie ingredients.
Vegetables	Cooked fresh, frozen, canned vegetables, Lettuce, spinach, skinless cucumbers, skinless tomatoes.	Raw vegetables except for lettuce, spinach, cucumber with skins and tomato with skins, Corn, cooked frozen peas.
Fresh Vegetable Salads	Puree until smooth with no lumps. Add commercial thickener as needed.	Same as above.
Dairy	Warm, shredded cheese as an ingredient, smooth yogurt.	Sliced cheese, string cheese.
Desserts, Sweets, Snacks	Soft desserts, cookies, donuts, cakes, pies, smooth pudding. Smooth ice cream, popsicle removed from stick.	Hard candies, chewing gum, taffy, gummy candy, popcorn, chips, tortilla chips, pretzels, potato skins, coconut, Jello™/gelatin, marshmallows, marshmallow crème (ex. Fluff), or candy with marshmallows, cheese puffs or cheese balls, pork rinds, cookies with nuts or dried fruit, caramel candies, M&M's™, Reese's Pieces™, Ice cream with chunks or pieces, Tapioca, rice, or pistachio pudding.
Fats, nuts, olives, etc.	Margarine, butter, oils, salad dressing; peanut butter (nut/seed) as an ingredient in cakes and cookies; bacon as an ingredient in casseroles.	Nuts, bacon, beef jerky, Slim Jim/meat sticks, peanut butter (nut/seed) when not mixed in foods.

Liquidized



Identification of each of the above (L-R): Quinoa Primavera Puree (Orange one), Shepard's Pie (green on bottom and white on top), Berry Blend (Purple one), Vegetable Fritta (pale yellow)

X. Liquidized

DEFINITION: All foods are moistened and processed until smooth (no lumps) to a nectar or honey consistency. The consistency is documented in the diet order. This is like a pureed diet but has a slightly thinner consistency. The clinician must include the correct consistency in their recommendations and have it indicated correctly within the diet order.

Food should be prepared so that:

- It is smooth throughout.
- There are no lumps.
- It is not pasty, sticky or gummy.
- Each food item is served separately, unless foods are prepared in a mixture such as a soup, stew, casserole, or salad.
- Foods will need additional liquids added to the food to achieve the ordered liquid consistency. Liquids can include, but are not limited to broth, milk, water from the cooked vegetables, gravy.
- If food is too thin, a thickener may be needed to achieve the correct consistency.

WHO NEEDS THIS DIET: People receiving this diet have severe difficulties with chewing and swallowing. This could also be used for individuals who refuse to eat food but will drink. This diet can also be used for those with dementia or have sensory needs.

WHY IS THIS DIET PRESCRIBED: The diet provides a smooth, moist consistency that is easy to swallow and requires little oral motor skills.

HOW TO PREPARE:

NOTE: For a liquidized diet, measure portions **before** processing.

- **BREAD/CEREALS:** Avoid products that contain nuts, seeds, and dried fruit: Spread bread with condiment according to the menu. Process bread in the food processor with an appropriate liquid. Soft breads without crust, some crackers, and some soft baked goods may be moistened with an appropriate liquid and allowed to absorb ALL the liquid to meet the above definition before serving. For example, use milk to moisten toast without crust, graham crackers, saltines, thin plain cookies, and plain sliced cake. Oatmeal and cold cereals (without nuts, berries, or raisins) must be pureed and served moistened. Waffles, pancakes, and French toast must be pureed and served moistened, milk and maple syrup are suggested.
- **PASTA/RICE:** Thoroughly cook pasta/rice until soft. Adding a small amount of oil keeps most pasta/rice dishes from becoming too pasty. Process until smooth (no lumps). Use an adequate amount of liquid to make smooth and moist and to nectar or honey consistency as indicated by Diet Order.

- **MEAT, FISH, POULTRY, EGGS:** Cook and remove the bone, gristle, and skin. **Puree** with a broth or other liquid to the consistency indicated in the Diet Order.
- **SANDWICH:** Sandwich ingredients are processed in the food processor with an appropriate liquid and/or condiment. Bread must have crust removed. Peanut butter (nut/seed) and jelly sandwiches may only be provided if prepared using the recipe provided in guidelines.
- **FRESH VEGETABLE SALAD:** All ingredients are processed with a liquid to a smooth, uniform consistency. A commercial thickener may be needed to reach the consistency prescribed in the Diet Order.
- **FRESH FRUIT:** Remove peels, skins, cores, pits and/or seeds. Place in food processor and process until pieces are applesauce-like. Suggested ingredients to add to fruit: commercial food thickener per ½ c. serving or instant dry pudding mix. Berries can be added to smoothies without the removal of the seeds, berries cannot be pureed as a dessert or snack as a single item.

Note: Fresh fruits such as fresh pineapple, oranges, grapefruits, plums, and grapes cannot be used on a liquidized diet. They are too fibrous and have tough membranes or skins. Any fruit that cannot be modified correctly, should not be given. Use a different fruit or a fruit juice.

- **VEGETABLE:** Prepare and cook vegetables. Drain well; place in food processor and process until smooth and uniform consistency. If a baked or boiled potato with skin is used, remove skin before processing.

Liquidized Meal Guidelines

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO A NECTAR OR HONEY THICK CONSISTENCY)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED PROCESS TO A NECTAR OR HONEY THICK CONSISTENCY)
Breads	Crackers softened with a liquid, pancakes, pizza pureed with extra sauce and without outer pizza crust, soft biscuits, soft breads, soft rolls, soft taco shells, waffles .	Bagels, bread with nuts/fruits/seeds, croutons, English muffins, hard bread, hard or crusty rolls, hard taco shells, cornbread with whole corn kernels, pizza unable to be pureed including the outer pizza crust.
Cereals	Oatmeal, cheerios, and cornflakes, Farina, cream of rice, cream of wheat, grits, and Wheatena™	Cereals with dried fruits or nuts, granola, Grapenuts™, raisin bran, Lucky Charms™, shredded wheat, or any cereal that does not soften.
Pasta, Potatoes, Rice	All well-cooked pastas, potatoes, quinoa, couscous, rice, add extra sauce or gravy	Potato with skin, wild rice
Meats, Poultry, Fish, Eggs	ALL MUST BE MOISTENED WITH A BROTH OR LIQUID WHILE BEING LIQUIDIZED; SERVE WITH A LOW-FAT SAUCE, GRAVY OR SMOOTH CONDIMENT Scrambled Eggs, Egg Salad.	Meat, fish, poultry without sauces or gravies. Hotdogs, kielbasa, or sausages with natural casing/skin Pepperoni, bacon.
Legumes (Beans: kidney, black eyed, cannellini, navy/great northern/white, black, pinto, garbanzo/chickpeas, lentils, split peas, lima, broad/fava, butter, calico, Italian, mung, soy)	All cooked/canned, except garbanzo/chickpeas unless ground/part of hummus. The hummus would need to be processed with additional liquids.	Garbanzo beans/chickpeas due to hardness.
Casseroles	All must be moistened with a broth or liquid while being pureed.	Casseroles that cannot be altered per definition.

Liquidized Meal Guidelines Cont.

FOOD CATEGORY	FOOD PERMITTED (WHEN PROCESSED TO A NECTAR OR HONEY THICK CONSISTENCY)	FOOD OMITTED (FOODS THAT CANNOT BE MODIFIED TO A HONEY OR NECTAR CONSISTENCY)
Sandwiches	Pureed and ALWAYS moistened with appropriate condiment and/or liquid. Peanut butter (nut/seed) and jelly sandwiches as prepared using the recipe in these guidelines.	Cold sliced cheese, peanut butter (nut/seed)(see note under sandwiches).
Soups	All soups must be processed to be a smooth consistency. Add crumbled crackers or breadcrumbs when pureeing to thicken if needed.	Soups with pieces of food which cannot be modified to a pureed consistency. Croutons
Fruits	Peeled soft fresh, frozen, canned fruits. Stewed prunes and stewed raisins are allowed. Berries pureed within a smoothie.	Raw fresh fruits with skins, seeds, and membranes such as fresh pineapple, oranges, grapefruit, plums, apples, and grapes. Berries pureed without smoothie ingredients.
Vegetables	Cooked fresh, frozen, canned vegetables. Lettuce, spinach, skinless cucumbers, skinless tomatoes.	Raw vegetables except for lettuce, spinach, cucumber with skins and tomato with skins. Corn, cooked frozen peas.
Fresh Vegetable Salads	Puree until smooth with no lumps. Add commercial thickener as needed.	Same as above.
Dairy	Warm, shredded cheese as an ingredient, smooth yogurt.	Sliced cheese, string cheese.
Desserts, Sweets, Snacks	Soft desserts, cookies, donuts, cakes, pies. Smooth ice cream, popsicle removed from stick, these would have to be thickened to the consistency reflected on the Diet Order.	Hard candies, chewing gum, taffy, gummy candy, popcorn, chips, tortilla chips, pretzels, potato skins, coconut, Jell-O™/gelatin, marshmallows, or candy with marshmallows, cheese puffs or cheese balls, pork rinds, cookies with nuts or dried fruit, caramel candies, M&M's™, Reese's Pieces™. Ice cream with chunks or pieces.
Fats, nuts, olives, etc.	Margarine, butter, oils, salad dressing; peanut butter (nut/seed) as an ingredient in cakes and cookies; bacon as an ingredient in casseroles.	Nuts, bacon, beef jerky, Slim Jim/meat sticks, peanut butter (nut/seed) when not mixed in foods.

Liquid



XI. Liquid

DEFINITIONS:

Thin Liquid: Liquids/Fluids/Beverages are served without change.

Thickened Liquid: Are prescribed for specific individuals.

- **Nectar Thick Liquid:** This is slightly thickened.
 - Fork Test: Liquid coats the fork and quickly sinks through the prongs.
 - Spoon Test: Liquid leaves spoon in a fine “ribbon” or “trail” when poured or stirred, like heavy syrup found in canned fruit or maple syrup.

- **Honey Thick Liquid:** This is thicker than nectar, closer to honey.
 - Fork Test: Liquid coats the fork and flows slowly through the prongs.
 - Spoon Test: Liquid flows slowly from spoon but still pours, somewhat like a milkshake.
 - A straw should not be used for honey thickened liquids, unless recommended, in writing, by a clinician.

- **Pudding Thick Liquid:** This is the thickest. It does not pour but drops from the spoon.
 - Fork Test: Liquid remains on fork.
 - Spoon Test: Liquid does not pour from spoon, like the consistency of pudding.

WHO NEEDS THIS DIET: Thickened liquids are prescribed from some individuals with swallowing problems.

WHY IS THIS PRESCRIBED: Thickeners slow the flow of liquids and makes them easier to swallow.

HOW TO PREPARE:

- Gather equipment needed for preparation:
 - Measuring cup(s)
 - Measuring spoon(s)
 - Commercial thickening agent
 - Beverage to be thickened
 - Drinking cup
 - Fork and spoon

- Follow manufacturer’s recommendations **EXACTLY** for measurements of both the commercial thickener and the liquid

- Follow recommendations for waiting time for the thickener to work.

- If liquid does not meet the definition for the prescribed consistency, it should be modified with liquid or thickener as needed to achieve recommended liquid consistency.
- Any liquid that is thin at room temperature must be **AVOIDED** for thickened liquids which includes milkshakes, ice cubes, and ice cream.
- If thickened liquid becomes thicker than desired, it should be replaced or reconstituted before given to the individual.

Gelatin or Jell-O™:

- In its plain form, reduces to a thin liquid in the mouth and is not appropriate for people who require any type of thickened liquids.
- As a reminder, individuals on a puree diet should also be restricted from gelatin or Jell-O™.

Ice Cream and Smoothies:

- Remember that these products will melt at room temperature, possibly becoming unsafe by losing the required consistency.
- Magic Cup and Thrive are commercially available pre-thickened supplements and are permitted.
- A smoothie created with yogurt and pureed fruit, using a thickening agent as needed is permitted.
- Freezing a container of yogurt is also an alternative. Ensure the yogurt is the correct consistency as the food consistency prescribed. For example, if the individual is on a puree diet, the yogurt should be smooth consistency without any lumps. This is **NOT** the same as frozen yogurt at ice cream shops or in stores. That will melt to a thick liquid when consumed.

XII. Recipes for Peanut Butter & Jelly Sandwiches

Please note: Peanut butter is the equivalent to any nut or seed butter throughout the guidelines.

PEANUT BUTTER AND JELLY SANDWICH RECIPE FOR 1" Pieces Cut to Size DIET:

1 Tbs. Peanut butter

2 Tbs. Jelly

2 Slices of bread

MODIFIED PEANUT BUTTER RECIPE IF SANDWICH IS SERVED WITHOUT JELLY FOR 1" Pieces Cut to Size DIET:

1 Tbs. Unsweetened Applesauce

1 Tbs. Peanut Butter

2 Slices of bread

RECIPE FOR PEANUT BUTTER AND JELLY SANDWICH FOR 1/2" Pieces Cut to Size DIET:

1 Tbs. Unsweetened Applesauce

1 Tbs. Peanut Butter

2 Tbs. Jelly

1 or 2 Slice(s) of bread (sandwich to be served open-faced if greater than 1/2" when stacked)

Process applesauce, peanut butter, and jelly until smooth to make a spread. Spread on bread (use diet bread for Low Cal diets) and cut sandwich into 1/2" pieces.

RECIPE FOR PEANUT BUTTER AND JELLY SANDWICH FOR GROUND DIET: [This would be used for 1/4" Pieces Cut to Size as well]

1 Tbs. Unsweetened Applesauce

1 Tbs. Peanut Butter

2 Tbs. Jelly (for Low Cal diets-use Light Jelly)

2 Slices Bread (for Low Cal diets-use diet bread)

Milk-as needed (for Low Cal diets-use skim milk)

Grind bread and set aside. Process applesauce, peanut butter, and jelly until smooth. Combine the peanut butter mixture and bread, add milk until moist.

RECIPE FOR PEANUT BUTTER AND JELLY SANDWICH FOR PUREED DIET:

1 Tbs. Unsweetened Applesauce

1 Tbs. Peanut Butter

2 Tbs. Jelly (for Low Cal diets-use Light Jelly)

2 slices Bread (for low Cal diets-use Diet Bread) (make sure to remove crusts prior to modification)

1 Tbs. Milk-to start (for Low Cal diets-use Skim milk)

Process applesauce, peanut butter, jelly, bread, and milk until smooth. Add additional milk as needed. Makes 1 serving.

RECIPE FOR PEANUT BUTTER AND JELLY SANDWICH FOR PUREED DIET WITH PEANUT BUTTER POWDER:

1 Tbs. Unsweetened Applesauce

2 Tbs. Peanut Butter Powder (like PB Fit or PB2)

2 Tbs. Jelly (for Low Cal diets-use Light Jelly)

2 slices Bread (for low Cal diets-use Diet Bread) (make sure to remove crusts prior to modification)

9.5-10 Tbs. Milk-to start (for Low Cal diets-use Skim milk)

Process applesauce, peanut butter, jelly, bread, and milk until smooth. Add additional milk as needed. Makes 1 serving.

RECIPE FOR PEANUT BUTTER AND JELLY SANDWICH FOR LIQUIDIZED DIET:

1T unsweetened Applesauce

2 T Peanut butter

2 T jelly (grape)

2 slices of wheat bread

6 T milk (1%)

Process applesauce, peanut butter, jelly, bread, and milk until smooth. Add additional milk as needed. Makes 1 serving.

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