Southeast Indiana Regional Outreach Services
General Description of Diet Textures

A. **Regular**
   1. Peanut butter may be thinned (with syrup, honey or jelly).

B. **Mechanical (#1) with Whole Sandwich Meat – Sandwich meats are sent whole, other tougher meats and food are sent chopped.**
   1. Meat is cut in ½" cubes except hamburgers, fish fillets, lunchmeat, meatballs, meatloaf, ham loaf, hot dogs, sausage, shaved turkey, ham, roast beef and chicken patties which are left whole for sandwiches. **No** meat sent on bone. Hard cooked eggs are sent quartered.
   2. Peanut butter thinned (with syrup, honey or jelly).
   3. Bread is whole.
   4. Whole fresh fruit that is soft such as bananas, melons, berries and oranges, other fruit cut into pieces.
   5. Raw vegetables are grated (i.e. carrot and lettuce salads, coleslaw) or soft pieces (i.e. tomato slices).

C. **Mechanical (#1) with Chopped Meat --Tough foods are cut into small pieces, other items are whole.**
   1. All meat cut into ½" cubes. Hard cooked eggs sent quartered. Meatballs are ground. Hot dogs and Polish sausage are cut lengthwise, then into ½" pieces.
   2. Peanut butter thinned (with syrup, honey or jelly).
   3. Bread is whole.
   4. Whole fresh fruit that is soft such as bananas and melons, other fruit cut into 1/2 " pieces. Fibrous and tough skinned fruit may need further modification (ie canned apricots to puree).
   5. Raw vegetables are grated (i.e. carrot and lettuce salads, coleslaw) or soft pieces (i.e. tomato slices).

D. **Mechanical (#2) Soft Diet – Ground Meat -- Soft textured foods, that do not require chewing**
   1. Meat is ground and moistened with gravy or meat juice (meat should be ground after it has been cooked). Hard cooked eggs are ground and moistened. Cheese is grated.
   2. No peanut butter except in baked items.
   3. Bread is broken in approximately 1" squares. Cookies, cake, crackers, biscuits, buns, Pop Tarts, etc. are broken **at table side.** These items may need to be soaked.
   4. Fruits and vegetables are soft and cut into small ½" pieces or chopped. Canned fruit allowed if diced and soft, other items should be pureed. **Soft mashed fresh fruit.** Corn is cream style. Beets are pureed. Broccoli, brussel sprouts, cooked cabbage, cauliflower and sauerkraut are ground.
   5. Salads are finely chopped and coated with salad dressing.
   6. Gelatin is blenderized to ease getting it on a spoon. Tough foods such as nuts, popcorn, French fries, tater tots, potato chips or other chips need modification to soft consistency. Coconut must be finely chopped. No raisins or prunes unless pureed in recipes.

E. **Pureed**
   1. Foods should have a smooth, pudding-like consistency.
   2. Gelatin is blenderized to ease getting it on a spoon.
   3. Cookies and cakes are broken, soaked in liquid (milk or fruit juice) and stirred until smooth.
   4. Thickening agents:
      a. Breadcrumbs are the usual pureed food thickening agent used in food preparation.
      b. Dry baby cereal is available at table side for thickening pureed food.
      c. Commercial thickeners and gels are agents for thickening fluids or foods.

F. **Fluid Textures**
   1. Regular-thin (generally unspecified.) Any fluid texture allowed.
   2. Nectar thick such as tomato juice, nectar juices, prune juice, buttermilk. Thicken other liquids.
   3. Honey thick such as room temperature honey. Thicken to smooth, pourable viscosity.
   4. Pudding (spoon) thick. Thicken to a smooth pudding consistency "plopable" at room temperature.

Revised 11/18/05
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