

The minced and puree texture diets follow the regular and cut up menu as closely as possible.

Most foods can be minced and pureed, however there are some foods that may not produce an acceptable product when modified, for example, lettuce salads. When such food items are on the menu, alternatives are used that are similar in nutritional value and food group.

The nutritional value of texture modified diets is similar to a regular diet.

THICKENED FLUIDS

If a patient is at risk of aspirating thin fluids, thickened fluids may be required to minimize the risk of developing aspiration pneumonia. There are different consistencies of thickened fluids; nectar, honey and pudding thick. Depending on the severity of the resident's risk of aspiration, will determine what fluid consistency is required.

COMPLIANCE TO DIET TEXTURES

If a patient has been changed to a texture modified diet, but you would still like to bring your loved one food and drink, please check with a staff member about what types of food will be safe to bring. Thickening powder to thicken fluids is always available for you to thicken fluids to the appropriate consistency – please ask staff to teach you how to use the thickener powder.

Suncreek Village employees must comply with all diet recommendations and are required to only feed foods that follow the recommended texture modified diet. If foods and/or fluids are left at the facility by family and/or friends that are not

the appropriate texture, the staff will not be able to feed those foods.

If you have any questions or you would like more information regarding dysphagia or texture modified diets, please feel free to contact us.

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DYSPHAGIA & TEXTURE MODIFICATION



You or your family member may need a food and/or fluid modified diet because of problems with chewing and/or swallowing. This pamphlet will help you better understand:

- What does dysphagia mean?
- Why is food/fluid texture modification necessary?
- What are the different texture modified diets available at Suncreek Village?
- What foods/fluids are included in each texture modified category?
- How is food/fluid modified?

DYSPHAGIA [dis-fey-juh, -jee-uh]

Dysphagia means “swallowing disorder” OR “problems swallowing”. It can be due to many reasons including:

- Medical conditions such as Multiple Sclerosis, Parkinson’s disease, dementia, stroke.
- Infection or irritation of the esophagus.
- Use of some medications.
- Psychological factors.

Dysphagia can be mild or severe; long term or short term, and can present as difficulties swallowing food or fluids, or both.

When dysphagia is not addressed, this puts the resident at risk of:

- Choking, which can result in blocking of the airway, and may cause death
- Aspiration pneumonia, which is entry of foreign material into the trachea and lungs (such as food particles, saliva, medications, etc.). This can cause harmful bacteria to grow in the lungs, and can result in pneumonia.
- Malnutrition/dehydration

All residents with signs and symptoms of dysphagia must be assessed by a qualified individual.

TREATMENT OF DYSPHAGIA

When the resident’s swallowing is assessed, recommendations often include:

- Compensatory postures. This is positioning the body when eating/drinking to minimize risk of choking and/or aspiration.
- Food and/or fluid texture modifications
- Feeding techniques, such as small bites of food and allowing additional time to eat.

Treatment recommendations require the resident with dysphagia and/or a caregiver to make changes to ensure safe swallowing.

Compliance with treatment recommendations is crucial for the resident’s safety.

TEXTURE MODIFICATION

There are four diet textures available at Suncreek Village. Regular texture, cut up, minced and puree. Fluid consistencies can be thickened to a nectar consistency, honey or pudding thick.

REGULAR TEXTURE: No modifications are made to any foods. Person in care must be able to tolerate all foods/food textures.

CUT UP TEXTURE: Some foods will be cut up into bite sized pieces (i.e. meats). Finger foods (i.e. sandwiches) and some soft desserts will not be cut up. Cut up texture is appropriate for a person in care who may have difficulties cutting up their own food.

MINCED TEXTURE: Foods are soft or “ground” to a minced like texture. Crustless bread is usually included in the minced diet texture, unless it is poorly tolerated. Minced texture is appropriate for a person in care who is having difficulties chewing and/or mild dysphagia.

PUREE TEXTURE: All foods are pureed to a smooth, cohesive consistency with no lumps. Food can be referred to as “swallow ready”. Puree foods are necessary for a person in care who has severe chewing problems, severe dysphagia or presents with other factors affecting intake and/or compromising safety (i.e. poor alertness).