# FOOD TEXTURE CHARTS

## FOOD TEXTURES: WHY AND HOW!

| | ORAL MOTOR SKILL | | | KITCHEN EQUIPMENT | | |
|---|---|---|---|---|---|---|
| **Prescribed Texture** | **Biting** | **Chewing** | **Swallowing** | **Knife** | **Food Processor** | **Size/Graphic** |
| Regular | Adequate | Adequate | Adequate | X | N/A | 1" pieces |
| Chopped | Impaired | Impaired | Adequate | X | N/A | ½ - 1" pieces |
| Finely Chopped | Impaired | Impaired | Impaired | X | X | 1/4" pieces |
| Ground | Impaired | Impaired | Impaired | N/A | X | ground meat texture |
| Pureed | Impaired | Impaired | Impaired | N/A | X | mashed potato texture |

Individual diet texture is based on specific skills and deficits.

X- Equipment needs to be used
N/A - equipment not recommended

These textures originate from physician's orders and are not subject to direct support staff alteration.

# FOOD TEXTURE CHART

| Texture Category | Meat | A) Cheese  B) Hot Dogs  C) Peanut Butter Sandwich | Starch/Bread | Fruit includes dried fruits | A)Grapes  B)Oranges | Veggies | Cracker and snacks | Drinks |
|---|---|---|---|---|---|---|---|---|
| **Regular** | No changes | No changes | No changes | No changes | No changes | No changes | No changes | No changes |
| **Chopped** | Bite size. 1 " chunks | A) 1" chunks  B)Cut length & width; ½ - 1"  C)1" pieces | No changes | ½ - 1" chunks, Soft cooked or soft fresh | A)Avoid or skin & chop  B)Remove membrane & chop | ½"-1" size soft, cooked or soft fresh. | Small 1" size | No changes |
| **Finely Chopped** | Moist, soft. Large curd cottage cheese texture. | A) Shred  B) cut length & width; 1/4"  C) 1/4" pieces | Small pieces; Size of Cheerios | Soft; size of crushed pineapple. | A)Avoid or skin & chop  B) Remove membrane & finely chop. | Soft, small. Size of french cut green beans. | Small size of 1/4" cereal. | No changes |
| **Ground** | Moist, soft; hamburger texture | A)Shred or melt  B) Avoid or grind.  C) Avoid. | Soft, ground. (Avoid seeds, nuts, hard crusts) | Soft or cooked & fork-mashed. | A) Avoid or skin & chop.  B) Remove membrane & chop or avoid. | Soft cooked. Size of peas. | Soft. Size of Cheerios | May require thickening. |
| **Pureed** | Moist, soft; Mashed potato texture. | A) Substitute Parmesan or cottage  B) Pureed  C) Avoid. | Mashed potato texture | Applesauce texture | Avoid. | Mashed winter squash texture | Pudding, applesauce, yogurt, etc. | May require thickening |