

# Things to Consider When Educating Patients on Diet Modifications:

When talking with caregivers and family members, it's important to educate them on what the recommended consistency means. Saying we're recommending mechanical soft but no mixed consistencies can leave patients and caregivers scratching their heads as to what we're talking about. So here's a nice cheat sheet to use to help explain the subtle nuances in diet recommendations:

## **Mixed Consistencies:**

- cereal with milk
- congealed salads
- fruit cocktail
- fruits in juice or syrup
- green beans
- lettuce, salads
- peas, corn
- stewed tomatoes
- vegetables not drained
- melons
- citrus fruits

## **Thin Liquids**

- broth
- coffee
- fruit juices
- ice cream
- italian ice
- jell-o
- milk
- nutritional supplements
- popsicles
- sherbet
- sodas

## **Fruits with High Water Content**

- any citrus
- melons
- pineapple

- tomatoes

## **Vegetables with High Water Content**

- carrots
- greens
- squash
- zucchini

## **Non-Cohesive Consistency**

- biscuits
- cereal with milk
- corn
- corn bread
- crackers
- fruit cocktail
- hard boiled eggs
- lettuce
- noodles
- rice
- salads
- scrambled eggs

## **Sticky Consistency**

- bananas
- jelly
- mashed potatoes without gravy
- oatmeal
- peanut butter
- pie filling
- white bread