





Texture A - soft











This food texture includes moist foods which are either naturally soft or may be cooked or cut to alter texture. The addition of sauce or gravy may be required to increase the moisture content. Food should be easily broken into pieces no bigger than 1.5 cm x 1.5 cm. Children less than 5 years require the target size of food pieces to be reduced by half – 0.8 cm x 0.8 cm.

It is important that texture modified diets are well balanced. Choose a variety of foods from all of the food groups to ensure your body is getting all the nutrients it needs.



This sign highlights items that are not safe for people who need thickened fluids. In some cases these items can be thickened to make them safe – ask your health professional for guidance.

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat Chicken Fish Meat (protein) alternatives	<ul style="list-style-type: none"> ▪ Mince dishes ▪ Casseroles and stews with small pieces of tender meat ▪ Fish dishes that are moist or with sauce (easily broken up with the edge of a fork) ▪ Eggs (all types except fried) ▪ Well-cooked legumes (outer husk must be soft) e.g. baked beans ▪ Soft tofu – small pieces, crumbled 	<ul style="list-style-type: none"> ▪ Tough, gristly or dry meats. ▪ Dry fish or fish with bones ▪ Fried eggs ▪ Dishes with nuts ▪ Hard or fibrous legumes 	<ul style="list-style-type: none"> ▪ Add extra gravy/sauces to soft meats ▪ Top meat, poultry, fish, egg dishes with sour cream, yoghurt or soft cheeses ▪  Add cream, evaporated milk or yoghurt to casseroles and curries ▪ Top fish with white sauce, smooth tartare sauce or mayonnaise
Breakfast Cereals	<ul style="list-style-type: none"> ▪ Cereals that are well-moistened with  milk e.g. corn flakes, rice bubbles or wheat flakes or wheat flake biscuits 	<ul style="list-style-type: none"> ▪ Course or dry cereals e.g. All-bran, toasted muesli ▪ Cereals with nuts, seeds or dried fruit 	<ul style="list-style-type: none"> ▪ Add sugar, honey, or  cream to well-moistened cereals ▪  Use fortified milk* (see recipe below) to make cooked cereals e.g. porridge, semolina ▪ Add Sustagen or Proform neutral or Ensure powder ▪ Add whey protein powder
Other cereals	<ul style="list-style-type: none"> ▪ Soft sandwiches (no crusts, avoid breads with seeds and grains) with moist fillings e.g. egg and mayonnaise, soft ham and avocado ▪ Rice (well cooked, not fried) ▪ Soft pasta and noodles ▪ Soft pastry 	<ul style="list-style-type: none"> ▪ Dry or crusty breads ▪ Sandwiches that are not thoroughly moist ▪ Bread with seeds or dried fruit ▪ Toast, crackers, pizza 	<ul style="list-style-type: none"> ▪ Use creamy, cheese sauces with pasta ▪ Use avocado, mayonnaise or hummus as sandwich spreads

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Soup 	<ul style="list-style-type: none"> All soups except for those listed as 'foods to avoid' 	<ul style="list-style-type: none"> Soups that have large pieces of meat or vegetables Soups with pieces of corn or peas 	<ul style="list-style-type: none"> Make soup on fortified milk* or add cream, sour cream Add Sustagen or Proform neutral or Ensure powder Add whey protein powder
Dairy foods & desserts	<ul style="list-style-type: none"> Milk, milkshakes, fruit smoothies  Yoghurt (plain or with soft fruit) Custard , mousse, smooth puddings, ice cream  Soft cheese e.g. camembert, ricotta Soft fruit-based desserts without hard pastries, crumbly or flaky pastry or coconut Moist cakes – extra moisture may be required e.g. custard, cream  Creamed rice, moist bread and butter pudding Plain, softened chocolate without nuts, seeds, dried fruit 	<ul style="list-style-type: none"> Yoghurt with nuts, seeds or hard pieces Hard cheese or crispy cooked cheese Dry cakes, pastries and biscuits Anything with nuts, seeds, dried fruit, coconut or pineapple Chewy lollies e.g. toffee 	<ul style="list-style-type: none">  Use fortified milk* in place of regular milk as a nutritious drink base, or to make puddings, custards and desserts Add  ice cream, custard or yoghurt to milkshakes
Vegetables	<ul style="list-style-type: none"> Well cooked, non-fibrous vegetables served in small pieces or soft enough to be easily broken with a fork Soft canned vegetables e.g. peas 	<ul style="list-style-type: none"> Hard, fibrous or stringy vegetables and legumes e.g. corn, broccoli stalks All raw vegetables (including chopped and shredded) 	<ul style="list-style-type: none"> Add butter or margarine, milk powder, soft cheese or cream to mashed vegetables Top vegetables with creamy cheese sauces or sour cream
Fruit	<ul style="list-style-type: none"> Fresh fruit pieces that are naturally soft e.g. banana, well-ripened pawpaw Soft stewed or canned fruit in small pieces Pureed fruit Fruit juice  	<ul style="list-style-type: none"> Large, round fruit pieces with skins or hard flesh e.g. whole grapes, cherries Dried fruit, seeds, fruit peel Stringy, fibrous fruit e.g. fresh pineapple 	<ul style="list-style-type: none"> Serve with  ice cream, cream, custard or yoghurt  Blend pureed fruit into fortified milk* to make a fruit smoothie Dip in melted chocolate

Adapted from the Australian standardised definitions and terminology for texture-modified foods and fluids, Nutrition & Dietetics 2007; 64 (Suppl. 2)

***Fortified milk recipe:**

Add 4 heaped tablespoons of skim milk powder to 1 L of full cream milk and whisk to combine.

Suggested meal plan and options:

BREAKFAST (choose at least 2 of the following):

- Cereal (without dried fruit or nuts) and milk
- Scrambled or poached eggs
- Small pieces of soft fruit with vanilla yoghurt

MORNING TEA (choose at least 1 of the following):

- Soft fruit with yoghurt or custard
- Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink

LUNCH or LIGHT MEAL

- Frittata or casserole with well-cooked vegetables OR
- Soft sandwich (no crusts) e.g. egg and mayo filling, soft ham and avocado on white bread
- Fruit or dairy dessert

AFTERNOON TEA (choose at least 1 of the following):

- Soft fruit with yoghurt or custard
- Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink

DINNER or MAIN MEAL

- Casserole, stew or curry (meat, poultry, fish or legumes) with sour cream/yoghurt - could include pasta/noodles or rice
- Well-cooked vegetables
- Dessert e.g. moist soft cake with lots of custard

SUPPER (choose at least 1 of the following):

- Soft fruit with yoghurt or custard
- Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink