Snack Ideas on a Texture Modified Diet

Medical treatments can mean you spend lots of time at the hospital for outpatient appointments. This can mean missing out on usual meals and snacks.

Finding suitable snack foods while you are out of the house can be hard if you need a modified texture diet.

This handout gives ideas for snacks you can bring to outpatient appointments or for other times when you are not at home. They are ideal as they don’t need refrigeration (unless opened).

There are also ideas on suitable snacks for home. Note: some items here may be suitable to bring with you if stored correctly e.g. kept cold in an Esky with icepack.

Check with your Speech Pathologist on what diet texture you need to select from.

Important: If you require thickened fluids, some options may not be safe for you. In some cases, the item may be able to be thickened to make it safe. Check with your Speech Pathologist for guidance.

Texture A Soft Diet

Options for home:
- Muffins
- Sliced bread (no crust, avoid breads with grains and seeds) with a spread (e.g. smooth peanut butter/honey/jam)
- Soft cheeses (e.g. camembert, ricotta, cottage cheese)
- Soft sandwiches with moist fillings (no crust, avoid bread with grains and seeds) (e.g. egg, shaved deli meats, canned tuna in brine/oil/spring water, ripe avocado – use plenty of mayonnaise or sauce)
- Soft boiled eggs
- Tinned baked beans or spaghetti
- Soft pancakes/pikelets
- Moist cakes (e.g. cheese cake, bread and butter pudding)
- Quiche/zucchini slice

Options to bring to outpatients:
- Muffins
- Sliced bread (no crust, avoid breads with grains and seeds) with a spread (e.g. smooth peanut butter/honey/jam)
Texture B Minced Moist Diet

Options for home:
- Creamed rice or puddings
- Mashed tinned baked beans and spaghetti
- Soft tofu (small pieces/crumbled)
- Boiled egg (mashed) with mayonnaise or avocado
- Yoghurt
- Custard
- Stewed or soft diced fruits
- Soft mashed fresh fruit e.g. banana
- Tiramisu
- Trifle

Options to bring to outpatients:
- Tinned creamed rice
- Tinned baked beans and spaghetti (mash with fork)
- Long life flavoured milks
- Long life custard snacks e.g. ‘Snak Pack’, ‘Custard Cups’
- Diced canned fruit

Texture C Smooth Puree Diet

Options for home:
- Custard
- Mousse
- Crème caramel
- Fruche
- Yoghurt (no fruit pieces)
- Pureed soup

Options to bring to outpatients:
- Long life custard snacks e.g. ‘Snak Pack’, ‘Custard Cups’
- Long life flavoured milks
- Tubs of puree fruit

For further information contact your Dietitian or Nutritionist: _____________________

For further information contact your Speech Pathologist: _____________________

Snacks that I can include:
1.

2.