

Helpful hints are included at the end of each section to provide valuable suggestions on food preparation, service and storage. It is important to remember that the consistency of each recipe be correct for the individual's swallowing problem. Each recipe should be thickened or thinned to conform with the swallowing difficulty.

DIET HIERARCHY

When changes in consistency of foods become necessary, it is useful to think in terms of familiar foods:

- Steak Consistency Diet (No restrictions)
- Pot Roast Consistency Diet (Soft, cooked. Eliminate nuts, popcorn, cornbreads, crackers, raw fruits, and vegetables)
- Meatloaf Consistency Diet (Finely chopped or ground, plus thick liquids)
- Pudding Consistency Diet (Strained, pureed, blended, plus thick liquids)
- Cream Consistency Diet (Enteral feedings)

