

Dysphagia

8 SHORT VIDEOS

Preparing Modified Texture Foods



PUREE ? MINCED ? SOFT ? HOW TO DO IT ?

This series of short videos informs and supports anyone preparing foods with adapted textures (puree, minced, or soft) for individuals with dysphagia. Practical and visual, the 8 short videos use simple language to demonstrate food preparation techniques.

TARGET AUDIENCES

- People with dysphagia and their caregivers
- Meal preparation staff in various care settings
- Clinical managers supporting individuals with dysphagia

HOW TO USE THE VIDEOS

- ✓ Share the link with your target audience
- ✓ Recommend to food service staff in care facilities
- ✓ Use as a hands-on visual teaching tool



[LINK FOR ALL SHORT VIDEOS](#)



ABOUT DYSPHAGIA

Dysphagia, or swallowing disorder, is a difficulty or inability to swallow. Liquids (saliva, water, beverages) or solids (food or medicine) have trouble moving from mouth to stomach.

SHORT VIDEOS THEMES

1

[Quick Tips for Changing the Texture of Foods](#)

2

[Smooth Fruit and Vegetable Puree](#)

3

[Couscous Puree and Other Cereal Purees](#)

4

[Meat Puree \(chicken\).](#)

5

[Beef Stew Puree](#)

6

[Soft Texture and Minced Texture Fruits and Vegetables](#)

7

[Soft Texture and Minced Texture Pasta](#)

8

[Soft Texture and Minced Texture Meat and Fish](#)