

# 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](#)