



Clinical Nutrition
Nutritional treatment plan
Modified textures and consistencies

Adressograph

Check off current recommendations:

Plan : Regular Tender Soft Minced Pureed

Consistency of liquids at meals: **Consistometer reading:** _____ **cm/30sec.**
 Beverages: Clear Nectar Honey Pudding

Consistency of liquids between meals (if different):
 Beverages: Clear Nectar Honey Pudding
Water permitted between meals: Yes No

Food texture: Breakfast

Cold cereals: types: _____

Hot cereals: Oatmeal Strained oatmeal Baby cereal Cream of wheat

Sliced bread: Fresh Toasted With sauce/fruit puree

Muffins: Regular Without grains, nuts and fruit With yogurt/cream Pureed

French toast/pancake: Regular Syrup

Meat and alternates Peanut butter Eggs: _____ Sausage Bacon Ham

Milk products: Yogurt, stirred + pieces Yogurt, stirred without pieces Cheese : _____

Other: Jam Jelly Marmelade Honey Nutella

Food texture: Lunch and Supper

Soups: Multi-phase Broth Cream-smooth Consistencies (if modified) : Nectar Honey Pudding

Meats: Cut < 1 cm Minced < 5mm Pureed

Sauces: 1x or 2x Regular Smooth Nectar thick Served separately

Pasta dishes: Reg. "au gratin" * Reg. not "au gratin" * Cut < 1 cm Minced Pureed

Pasta sauces: Regular Pureed

Egg dishes: Quiche Hard boiled egg Omelet Scrambled

Sandwiches: All breads Sliced bread-fresh (white/whole wheat) Sliced bread-toasted (white/whole wheat)

Filling: Sliced Cut < 1cm Minced < 5mm

Starches: Boiled Fries/hashbrown Pureed Couscous Rice: _____

Side dishes: Green salad Pasta salad Potato salad Other: _____

Vegetables: Cut < 1cm Minced < 5mm Pureed Raw: _____

Fruits: Drained Cut < 1cm Minced < 5mm Pureed Banana

Milk products: Yogurt, stirred + pieces Yogurt, stirred without pieces Cheese : _____

Deserts: Without nuts/dried fruit Mixed with milk/yogurt/cream/pureed fruit Pureed Ice cream/Jell-O

Other nutritional treatment plan particularities:

Other diets :

ALLERGIES : _____ Add wheat bran : _____ /day
 Supplements: _____ Add protein powder: _____ g/day
 Snacks: _____ Fluid requirements: _____ mL/day

Texture parameters: **Size of particles :** _____ **mm**

FIRMNESS: Very weak Weak Moderate Elevated

ADHESIVENESS: Weak Moderate Elevated

COHESIVENESS: Weak Moderate Elevated

ELASTICITY: Weak Moderate Elevated

Date: _____

Dietitian: _____