

# Texture Modified Food Guide

Scoop amounts may vary depending on the water content / moisture of the food. Seasonal variation in fruits and vegetables may occur. People who require texture modified food may need supervision when eating to reduce choking risk. Check supervision is available before serving. Please refer to your policies and procedures outlined in your food safety manual for safe food handling and correct storage.

**MEAT**



**Roast Meats / Lamb / Mince / Pork / Chicken / Shepherd's Pie / Corned Beef / Skinless Sausage**

- 500g cooked, strained and smooth puréed mixture
- 3-4 bulk scoops RESOURCE® THICKENUP® Clear
- Add gravy / sauces as liquid to achieve desired consistency

**For 1kg of meat use 6-7 bulk scoops.**

**VEGETABLE**

 <p><b>Pumpkin</b></p> <ul style="list-style-type: none"> <li>500g cooked, strained and smooth puréed pumpkin</li> <li>40g pumpkin soup mix (dry)</li> <li>3-4 bulk scoops RESOURCE® THICKENUP® Clear</li> </ul> <p><b>For 1kg of pumpkin use 6-7 bulk scoops and double the rest of the ingredients.</b></p>	 <p><b>Cauliflower / Broccoli</b></p> <ul style="list-style-type: none"> <li>500g cooked, strained and smooth puréed cauliflower / broccoli</li> <li>½ cup grated cheese, season to taste</li> <li>3-4 bulk scoops RESOURCE® THICKENUP® Clear</li> </ul> <p><b>For 1kg of cauliflower / broccoli use 6-7 bulk scoops and double the rest of the ingredients.</b></p>	 <p><b>Carrot</b></p> <ul style="list-style-type: none"> <li>500g cooked, strained and smooth puréed carrot</li> <li>2 tsp sugar and season to taste</li> <li>3-4 bulk scoops RESOURCE® THICKENUP® Clear</li> </ul> <p><b>For 1kg of carrot use 6-7 bulk scoops and double the rest of the ingredients.</b></p>	 <p><b>Peas</b></p> <ul style="list-style-type: none"> <li>500g shelled, cooked, strained and smooth puréed peas</li> <li>Season to taste</li> <li>3-4 bulk scoops RESOURCE® THICKENUP® Clear</li> </ul> <p><b>For 1kg of peas use 6-7 bulk scoops.</b></p>
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**FRUIT**



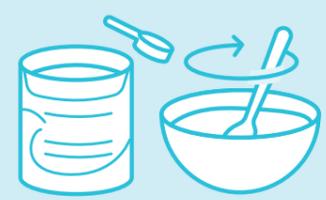
**Tinned Fruit: Peach / Pear / Apricot / Apple / Pineapple etc.**

- 500g cooked, strained and smooth puréed fruit mixture
- 4-5 bulk scoops RESOURCE® THICKENUP® Clear

**For 1kg of fruit use 7-8 bulk scoops.**

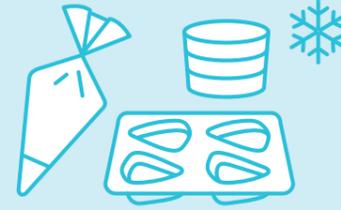
**PREPARATION**

**01**



Add RESOURCE® THICKENUP® Clear and combine until mixture holds its shape on a spoon. Sample should fall off easily with little food left on the spoon. Product should not be firm or sticky.

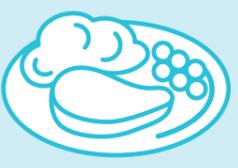
**02**



Form into desired shape using mold / piping / layering method. Cover and place in fridge / freezer for 1-2 hours for meat & vegetable and 2-3 hours for fruit (depending on size of container / vessel).

**MEAT & VEGETABLE**

**03**



Once set, remove from fridge / freezer and plate accordingly. Cover food (e.g. plastic wrap, foil) and heat in combi or conventional oven until core temperature of 75°C or above is reached (approx. 20-45 minutes). Check texture suitability for swallowing safety before serving.

**FRUIT**

**03**



Remove from mold tray, cover and plate as desired, place in cool room to thaw before serving. Check texture suitability for swallowing safety before serving.



For more information call **1800 671 628** or visit [www.nestlehealthscience.com.au](http://www.nestlehealthscience.com.au)

End product should be tested to ensure suitability for texture modified diet. Testing can be undertaken using IDDSI testing methods (e.g. IDDSI Spoon Tilt Test and IDDSI Fork Pressure Test). Visit [www.iddsi.org](http://www.iddsi.org) or download the free IDDSI App for further information.  
 New RESOURCE® THICKENUP® Clear label available from March 2019.  
 RESOURCE® THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision. Suitable for children above 3 years of age.  
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