

Meal Consistencies

Consistency	Description	The consistency of...
Normal	Requires unimpaired ability to bite and chew	Any foods
Soft	Easy to chew.	Soft enough to be broken into 1.5cm pieces with the flat edge of a fork. Avoid difficult textures e.g. chewy, crunchy, crumbly, hard, fibrous. Avoid mixed consistencies e.g. cereals with milk Well-stewed / braised meat, pasta in sauce, egg sandwiches (no crusts), moist sponge cakes, skinned fruit, well cooked vegetables.
Mashable	Only requires weak chewing.	Food breaks up easily with the flat edge of a fork into small, soft lumps. Usually coated in a sauce / gravy. Soft with no skins or pips. Fish-in-sauce, cauliflower cheese, mashed banana, Weetabix soaked in milk, mashed potato.
Puree	Does not require any chewing.	Thick enough to form furrows with the flat edge of a spoon. Falls off a spoon slowly but will not pour off it. Soft and smooth with no lumps present – a single consistency. Mousse, custard, smooth porridge, cheese sauce, cream cheese.

Chesterfield Royal Hospital NHS Foundation Trust (2015) **Food and nutrition policy for patients** (online). Available at

https://intranet.chesterfieldroyal.nhs.uk/dl/4558_4305683409.pdf/as/CP2.22%20Food%20and%20Nutrition%20Policy%20for%20Patients.pdf?_ts=36265&_ts=36265 (Accessed 6th March 2017)

Drinking Consistencies

Consistency	Description	The consistency of...
Thin	No thickener added.	Any drink.
Normal dense	Slightly slower moving than water. (No thickener required).	Milk drinks e.g. milky coffees, malted milk, syrupy fruit juices.
Stage 1	Fluid coats the back of a spoon, can be sipped from a cup and a drinking straw. (Thickener usually required)	Single cream, tomato juice, melted ice cream, yoghurt drinks.
Stage 2	Fluid is slow moving of a spoon. Can be sipped from a cup but not through a drinking straw. (Thickener is required).	Pouring custard, golden syrup, runny smooth yoghurt.
Stage 3	Cannot be sipped from a cup, requires a spoon. (Thickener is required).	Resource dessert, thick custard, blancmange, whipped cream.

Chesterfield Royal Hospital NHS Foundation Trust (2015) **Food and nutrition policy for patients** (online). Available at

https://intranet.chesterfieldroyal.nhs.uk/dl/4558_4305683409.pdf/as/CP2.22%20Food%20and%20Nutrition%20Policy%20for%20Patients.pdf?_ts=36265&_ts=36265 (Accessed 6th March 2017)