
EatSafe SG Food Preparation Resource Guide



Introduction

Preparation of texture-modified diet is both a science and an art, it is a dynamic process which needs to take into consideration factors such as raw ingredients available, desired dysphagia diet level(s) to achieve, access to equipment, dietary restrictions, institutional processes, etc.

You may wish to try some of the approaches below to kick start preparation of dysphagia diets which maps to IDDSI:

Modify raw ingredients

Use raw minced chicken (instead of bone-in chicken thighs) for Level 6 Soft & Bite-Sized

Modify from cooked diet

Chop a cooked chicken breast into 15x15x15mm pieces before serving for Level 6 diets

Selection of raw ingredients with an end dysphagia diet in mind

Choose broccoli over kangkong for L6

Marinates, sauces and/or cooking methods

Preparing and pairing food with complements to achieve desired characteristics, braise

Research and Development (R&D)

3D food printing

It is important to audit the dysphagia diet at point of serve to ensure it adheres to IDDSI requirement.

We encourage you to keep exploring and share ideas which will make oral feeding a safe and pleasant experience for people with dysphagia.

MOH EatSafe SG Team



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Diet modification - Tools and Techniques



*What are some of the methods and ways
to modify Papa's favourite food?*



Food Modification -Tools



Blender



Immersion Blender



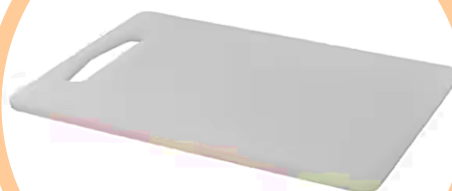
Scissors



Knife

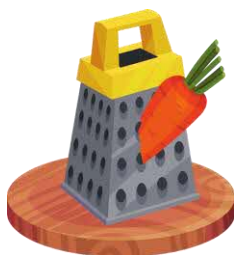


Fork



Chopping Board

Food Modification - Techniques

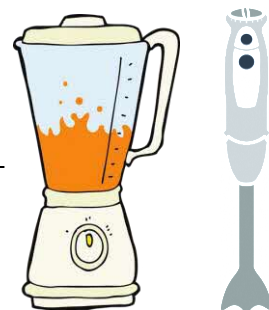


Use a vegetable grater/shredder to achieve thin vegetable slices/pieces

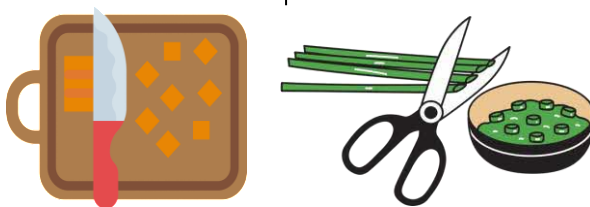


Steam to soften food texture

What methods can I use to modify food into different levels?



Blend food up using a blender / hand blender



Use a knife or scissor to cut up food into smaller pieces