



## Single Texture Diet

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If you have trouble swallowing foods that have solid pieces mixed with liquids, such as vegetable soup, you need to have a Single Texture Diet. Eating foods that are all solid or all liquid will make it easier for you to swallow. These foods are called “single texture” because they only have one texture.

### Single Texture Diet

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	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
<b>Milk and milk products</b>	Creamed cottage cheese. Yogurt – plain or flavoured.	Yogurt with pieces of fruit, nuts or seeds.
<b>Grain products</b>	Smooth hot cereal. White, whole wheat, rye, sourdough, bread without seeds, nuts and fruit.	Hot cereal with seeds, nuts, fruit such as Red River™, Sunny Boy™. Bread with seeds, nuts, or fruit. Cold cereal with milk or other liquid.
<b>Meat, fish, poultry, and alternates</b>	Smooth peanut butters and nut butters. Moist stews and casseroles with the liquid the thickness of corn syrup.	Crunchy peanut butter. Runny sauces or gravy in stews or casseroles.
<b>Vegetables and fruit</b>	Drained canned fruit, fresh fruit. Drained cooked or canned vegetables. Drained salads when in vinaigrette. Potato with sauce or gravy.	Watermelon, pineapple. Baked or stewed tomatoes.

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	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
<b>Soups</b>	Broth, cream soups without pieces and pureed soups that are processed in a blender.	Soup with visible food pieces such as vegetables, rice, pasta or meat chunks.
<b>Desserts and sweets</b>	Baked goods without fruit, nuts and seeds. Smooth puddings, mousse, fruit whips and ice cream and sherbet without fruit, nuts or seeds. Whipped cream.	Baked goods with nuts, seeds or fruit. Jell-O™. Popsicles™. Puddings with pieces such as rice or tapioca pudding.
<b>Beverages</b>	Fluids without ice or ice particles.	Slushes such as Slurpee™ or iced cappuccino.
<b>Fats and oils</b>	Smooth, creamy salad dressings. Smooth and strained sauces, gravies, butter, margarine, cream cheese, sour cream, mayonnaise and whipped toppings.	Any fat, oil or salad dressing containing particles such as garlic, pieces of cheese, nuts or seeds.
<b>Other</b>	Sauces or condiments that are a corn syrup or thicker consistency when combined with solid items, such as meat, cake or fruit.	

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