



No Bread explained

TEXTURE MODIFIED FOODS GUIDE

Bread is one of the most common foods that contribute to dysphagia related health complications and choking-related deaths in people with dysphagia. For this reason under the International Dysphagia Diet Standardisation Initiative, Residents with swallowing issues on a Level 6 Soft & Bite-Sized, Level 5 Minced & Moist and Level 4 Puree Diet, should avoid bread to manage the risk.

No Bread! Now what?

The foods we have listed should be avoided in their regular form, however there is a solution. There are different methods to prepare food for residents on a texture modified diet to make foods safe. Such as using gelled bread to make a sandwich is an option for Level 5 Minced and Moist and Level 6 Soft and Bite-Sized diets when paired with a moist filling. Reach out to our team for more details.

FOR MORE TEXTURE MODIFICATION HELP

Call (03) 9560 1844 or email info@oscarcaregroup.com.au

No Bread means...



No White Bread



No Wholemeal Bread



No Multigrain Bread



No Toast



No Sandwiches



No Pancakes or Pikelets



No English Muffins



No Toasted Sandwiches



No Bread without Crusts



No Bread or Toast with Toppings or Spreads



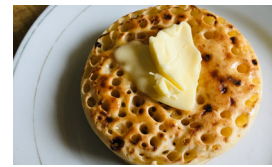
No Dutch Pancakes



No crepes



No Garlic Bread



No Crumpets



No Wraps



No Sourdough



No Baguettes



No Brioche



No Focaccias



No Bagels



No Hot Cross Buns



No croutons



No Hotdog Rolls



No Burger Buns



No Croissants



No Breadcrumbs on Pasta



No Taco Shells



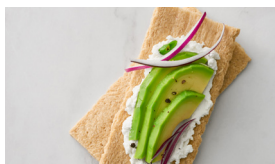
No Gyros / Souvlaki flatbread



No Roti or Naan Flatbread



No Parmas



No Crispbread



No Croquettes



No Arancini



No schnitzels



No Kiev

Residents on texture modified diets should avoid these foods in their regular form

FOR MORE TEXTURE MODIFICATION HELP

Call (03) 9560 1844 or email info@oscarcaregroup.com.au