

OPTIMISING NUTRITION WITH TEXTURE-MODIFIED DIETS



1 Texture-modified diet (TMD) is prescribed for **people with swallowing difficulties**



2 TMD can affect the smell, colour and taste of food. This causes individuals to **reduce their nutritional intakes, leading to malnutrition**



3 Strategies to **improve nutritional intake and compliance:**

- Add 100ml of low fat milk (50kcal and 4g protein) and/or 1 egg (70kcal and 7g protein) and/or 1 teaspoon of oil (0g protein) to meals
- Serve high calorie snacks between meals, such as 1 scoop of ice cream/mousse or 100ml of nutritional supplements (~130-150kcal and ~3-4g protein)
- Plate the meal creatively to make it visually appealing for the consumer

