



## Can people on Modified Diets have food treats?

At any celebration - Christmas, Birthdays and Easter, it's common to have treat foods like sweets and nuts. Yes, clients on modified diets can have treats however they need to be modified as they are food.

Here is a list of alternatives you can try.

### **Pureed diet** (smooth and uniform texture)

- chocolate sauce
- flavoured toppings eg caramel, strawberry
- melted chocolate – try adding a little whipped cream to help slow the resetting time
- chocolate mousse



### **Minced and Moist diet:** (needs to be very finely cut or mashed).

All options suggested for a pureed diet plus:



- finely grated chocolate
- mashed cake or muffin with cream or yoghurt
- trifle, tiramisu (with custard, cream or ice cream)

### **Easy to Chew diet:** (must be able to be easily and cleanly cut with the side of a fork)

All of the options in pureed and minced and minced and moist plus:

- chocolate fudge
- Russian fudge
- some soft centred caramels
- muffins or cake with cream or yoghurt
- some soft lollies such as 'eskimos' or 'bananas' (test as if left out or shelved too long, they become hard).
- softened chocolate (placed in microwave until soft)
- Turkish delight (made with jelly and icing sugar)

