



TEXTURE MODIFIED GUIDELINES for CEREAL

(not tested against IDDSI guidelines for clients with Dysphagia/Swallowing problems)

☒ = Food is suitable to be served to corresponding food texture

☐ = Food is not suitable to be served to corresponding food texture

FOOD TEXTURES	<u>REGULAR TEXTURE</u>	<u>SOFT</u>	<u>MINCED TEXTURE</u>	<u>PUREED TEXTURE</u>
PREPARATION METHOD		Cereal was placed in a bowl and milk was then added to fully soften cereal and allowed to soak in the refrigerator for min. of 20 minutes at <4°C/40°F.	Cereal was placed into a food processor/blitzer /chopper. It was mechanically processed until small lumps were visible. Cereal was tested by placing the equivalent weight of 250 ml/1 cup of mechanically processed cereal into bowl and adding 2% Milk (125 ml/1/2 cup) & of Instant Food & Beverage Thickener (~3 ml/ ½ tsp). Cereal was held at <4°C/40°F for 20 minutes to allow it to soften and thicken.	Cereal was placed into a food processor/ blitzer/chopper. It was mechanically processed until it was a powder. Cereal was tested by placing the equivalent weight of 250 mls/1 cup of mechanically processed cereal into bowl and adding 2% Milk (200 mls/3/4 cup) & Instant Food & Beverage Thickener (3 ml/½ tsp to 5 ml/1 tsp). Cereal was held at <4°C/40°F for 20 minutes to allow it to soften and thicken.
ALL-BRAN Flakes® cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ALL-BRAN Original® cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kellogg's Corn Flakes® cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
FROOT LOOPS® cereal	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kellogg's Frosted Flakes® cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



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RICE KRISPIES® cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SPECIAL K® Original cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Kellogg's TWO SCOOPS Raisin Bran® cereal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
VECTOR® meal replacement	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mini-Wheats® Original cereal (White Frosting)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Disclaimer: All cereals were reviewed and may vary dependent on methods of preparation specific to your food service operation. Check your home specific policy and procedure for standardized diet terminology to ensure the particle size and the texture of the cereal is suitable for your clients.