



HANDOUT-ABLE: Garnishing Ideas for Modified Textures

The following resources include a listing of creative food ideas to improve the visual and taste appeal of dysphagia diet consistencies.

They are organized via the following sheets:

IDDSI Terms – Garnishing Ideas for Modified Textures

NDD Terms – Garnishing Ideas for Modified Textures

Other Terms – Garnishing Ideas for Modified Textures

Tips:

- Utilizing piping/decorating tools for puree garnishment consistencies will aid in the visual appeal.
- Practicing these garnishing techniques will aid in effectiveness over time.



HANDOUT-ABLE: IDDSI Terms – Garnishing Ideas for Modified Textures

International Dysphagia Diet Standardization Initiative* (IDDSI) levels are referenced below for garnishing ideas for different levels of texturized food consistencies.

IDDSI Level 4 (Purée) and above

For savory foods:

- Sour cream
- Greek-style yogurt
- Flavored mayonnaise
 - Food items that could be added to mayonnaise, among many (each puréed): dill, fennel, lemon, parsley, basil, watercress, mixed-herb mayonnaise, vegetable-flavoring (soup) mix, scallions, roasted butternut squash, ginger, mango, hot sauce, roasted peppers, apple, mustard, honey-mustard, horseradish, sweet chili, green chili, chipotle, wasabi, capers, pesto, barbecue and salsa.
- Gold extra virgin olive oil
- Sprinkle seasonings (black pepper, mixture of red, green, black or white peppercorn powder, chili powder, smoked paprika, or others)
- Ground sumac
- Hummus (puréed)
- Red pepper purée
- Flavored tomato sauces
- Puréed guacamole
- Yolk mixture component of deviled eggs (if moist)

For sweet foods/plates:

- Honey
- Cream cheese (slightly softened/addition of cream)
- Maple syrup
- Fruit coulis
- Chocolate sauce
- Sticky toffee sauce

IDDSI Level 5 (Minced & Moist) and above

- Sprinkling of minced herbs (parsley, tarragon, chives, basil, or others)
- Minced edible flowers: (borage, wild garlic, lavender, rosemary or others)
- Minced fruit to an IDDSI Level 5 consistency (soft)
- Minced soft vegetables to an IDDSI Level 5 consistency (onions, parsley)
- Parmesan cheese (grated)
- Blue cheese grates
- Flavored salsas

IDDSI Level 6 (Soft & Bite-Sized) and above

- Chopped herbs (parsley, tarragon, chives, basil, or others)
- Chopped edible flowers (borage, wild garlic, lavender, rosemary or others)
- Soft fruit modified to an IDDSI Level 6 consistency
- Soft vegetables modified to an IDDSI Level 6 consistency
- Chunky guacamole

Designed/suitable for use with the IDDSI Framework

*= terms from <https://iddsi.org>

**HANDOUT-ABLE: NDD Terms – Garnishing Ideas for Modified Textures**

National Dysphagia Diet (NDD) levels are referenced below for garnishing ideas for different levels of texturized food consistencies.

NDD Level 1 (Purée) and above:

For savory foods:

- Sour cream
- Greek-style yogurt
- Flavored mayonnaise
 - Food items that could be added to mayonnaise, among many (each puréed): dill, fennel, lemon, parsley, basil, watercress, mixed-herb mayonnaise, vegetable-flavoring (soup) mix, scallions, roasted butternut squash, ginger, mango, hot sauce, roasted peppers, apple, mustard, honey-mustard, horseradish, sweet chili, green chili, chipotle, wasabi, capers, pesto, barbecue and salsa.
- Gold extra virgin olive oil
- Sprinkle seasonings (black pepper, mixture of red, green, black or white peppercorn powder, chili powder, smoked paprika, or others)
- Ground sumac
- Hummus (puréed)
- Red pepper purée
- Flavored tomato sauces
- Puréed guacamole
- Yolk mixture component of deviled eggs (if moist)

For sweet foods/plates:

- Honey
- Cream cheese (slightly softened/addition of cream)
- Maple syrup
- Fruit coulis
- Chocolate sauce
- Sticky toffee sauce

NDD Level 2 and above:

- Sprinkling of minced herbs (parsley, tarragon, chives, basil, or others)
- Minced edible flowers: (borage, wild garlic, lavender, rosemary or others)
- Minced fruit to a NDD Level 2 consistency (soft)
- Minced soft vegetables to a NDD Level 2 consistency (onions, parsley)
- Parmesan cheese (grated)
- Blue cheese grates
- Flavored salsas

NDD Level 3 and above:

- Chopped herbs (parsley, tarragon, chives, basil, or others)
- Chopped edible flowers (borage, wild garlic, lavender, rosemary or others)
- Soft fruit modified to a NDD Level 3 consistency
- Soft vegetables modified to a NDD Level 3 consistency
- Chunky guacamole



HANDOUT-ABLE: Other Terms – Garnishing Ideas for Modified Textures

Garnishing ideas are listed below for the various food texture levels of purée vs. mechanical soft diet consistency levels.

Purée Consistency and above:

For savory foods:

- Sour cream
- Greek-style yogurt
- Flavored mayonnaise
 - Food items that could be added to mayonnaise, among many (each puréed): dill, fennel, lemon, parsley, basil, watercress, mixed-herb mayonnaise, vegetable-flavoring (soup) mix, scallions, roasted butternut squash, ginger, mango, hot sauce, roasted peppers, apple, mustard, honey-mustard, horseradish, sweet chili, green chili, chipotle, wasabi, capers, pesto, barbecue and salsa.
- Gold extra virgin olive oil
- Sprinkle seasonings (black pepper, mixture of red, green, black or white peppercorn powder, chili powder, smoked paprika, or others)
- Ground sumac
- Hummus (puréed)
- Red pepper purée
- Flavored tomato sauces
- Puréed guacamole
- Yolk mixture component of deviled eggs (if moist)

For sweet foods/plates:

- Honey
- Cream cheese (slightly softened/addition of cream)
- Maple syrup
- Fruit coulis
- Chocolate sauce
- Sticky toffee sauce

Mechanical Soft Diet Consistency and above:

- Sprinkling of minced herbs (parsley, tarragon, chives, basil, or others)
- Minced edible flowers: (borage, wild garlic, lavender, rosemary or others)
- Minced fruit to mechanical soft consistency (soft)
- Minced soft vegetables to a mechanical soft diet consistency (onions, parsley)
- Parmesan cheese (grated)
- Blue cheese grates
- Flavored salsas