

Dental Diet

Dental Diet is obsolete and has been replaced with two diets; i.e., a) Regular Mechanical Soft Diet and b) Pureed Diet, which can be prescribed for dental patients; as well as, general population who have chewing and swallowing problems.

a) Mechanical Soft Diet:

Is a regular diet which is soft in texture and when a solid meat is served it will be mechanically chopped by knife, a spoon, or a spatula so as the pieces are 1/8th to 1/4th of an inch but not larger than 1/4th of an inch thick. Foods that can be masticated between edentulous ridges or limited number of teeth and by the chewing forces of the tongue and palate. It can be selected from Regular, Pork Free, or Meat Free menu plans. It consists of 2400-2700 calories per day.

b) Pureed Diet (blended diet):

Is a blended Regular Diet wherein foods are individually pureed in a blender prior to serving for offenders with dysphagia (i.e. stroke) or who are otherwise not able to safely chew a Mechanical Soft Diet.