



Modified Mealtime Consistencies Poster

Carers of people with dysphagia sometimes find it hard to know how to modify the consistency of food and fluids to assist the person at mealtimes. This new poster from The Spastic Centre will help!

The A3 poster depicts four diets: standard, soft, minced-moist, and smooth pureed - with helpful checklists on food types and consistencies for each type of diet. Four types of fluids are also featured with accompanying descriptions.

Under the direction of senior Speech Pathologists at The Spastic Centre, a professional food stylist and photographer were engaged to create and photograph the menu. The result is a poster that is attractive enough to be placed in a home or work kitchen.



Updated in 2008 !

Cost: \$20 (including \$1.82 GST)

Please complete and return the following section with payment.

TAX INVOICE

The Spastic Centre of NSW. ABN 45000062288

✂.....

TAX INVOICE (A receipt will be sent with the poster) **The Spastic Centre of NSW ABN 45000062288**

Please complete the following and return to:

Information Services

The Spastic Centre

PO Box 184, BROOKVALE, NSW 2100

(Make cheques payable to The Spastic Centre of NSW)

Modified Mealtime Consistencies Poster - Number Required: Total \$ (Incl GST)

Please tick: Credit Card Cheque Cash

Credit card details: Visa MasterCard Bankcard AMEX Diners

Name of cardholder:

Credit card number :

Signature: Expiry date:

Name: Phone.....

Organisation:

Postal address:

..... Post code:

Date:

A/C # 374 000 4073

The Spastic Centre of New South Wales, ACN 000 062 288, 321 Mona Vale Road, Terrey Hills NSW 2084
Phone 02 9479 7200 Fax 02 9479 7233