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## Modified Diets and Nutritional Strategies for Patients with Swallowing and Mastication Disorders

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### Message from the Guest Editor

Texture modified diets including fluid thickening and texture adaptation are widely used to manage patients suffering from swallowing disorders such as dysphagia and/or mastication impairments. This is very relevant for patients with neurological diseases and older people. Oropharyngeal dysphagia is recognized as a geriatric syndrome. Saliva, mastication and other factors such as shear rate and tongue pressure can have a remarkable impact on rheological and textural characteristics which can endanger patients' swallowing. This Collection aims to spread scientific achievements in the quantification of texture and rheology development of standardized protocols to assess the impact of swallowing, mastication and oral processing on texture and viscosity, as well as the research on nutritional complications associated (dehydration, malnutrition). The main aim is to define a framework to develop thickened fluids and texture modified diets, described in SI units, to guarantee quality control and reproducibility for clinicians, researchers and the nutritional industry facing aging, one of the most relevant sociodemographic characteristics of our society.



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# Special Issue



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