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### Critical review of sensory texture descriptors: from pureed to transitional foods for dysphagia patients

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# Critical review of sensory texture descriptors: from pureed to transitional foods for dysphagia patients

Sensory descriptors of food texture

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## Abstract

Sensory Science is essential in the food industry to develop or optimize a food product and to meet consumer's expectations (texture, taste, flavour, odor) and nutritional (e.g.: diet or allergy), functional (e.g.: dysphagia, Alzheimer) or age-related (e.g.: children or elderly) needs. For example, texture modified foods (including pureed and transitional foods *i.e. food that start with one texture and change into another because of moisture or heating*) are available for people with dysphagia. In a design process, characterization of texture is essential. Instrumental measurements or simple methods (with fork or spoon) proposed by the IDDSI initiative can be performed to characterize texture modified food but these methods are not always relevant for understanding consumer sensations. Sensory characterization can be used but sensory methods and texture properties are complex to evaluate. Sensory texture descriptors can be determined by different methods (by using a panel or individually) and these descriptors can be assessed in different ways. This review is useful for listing the sensory methods in general and, more precisely, sensory descriptors used to characterize the oral texture of cereal and pureed foods. We found that 48% of the reviewed publications used specific oral texture descriptors and that 14 descriptors could be identified as the most popular. These results should be considered to facilitate the choice of sensory texture descriptors in future studies on texture-modified foods. This review also demonstrates that it is difficult to find a consensus between studies using different evaluation methods for the same descriptor.

## Keywords

Sensory texture, food texture, dysphagia, oral perception, transitional food, pureed

## 1. Introduction

In 2012, the International Dysphagia Diet Standardisation Initiative (IDDSI) was founded to develop standard international terminology and definitions to characterize texture modified foods (pureed and transitional foods including minced and moist, soft and bite sized, and easy to chew/regular foods) and thickened liquids (Cichero et al., 2017). This classification is essential to ensure that a product has an adequate and safe texture that meets the specific needs of each person with a swallowing disorder. IDDSI tests (flow or textural measurements) are quick and easy to perform and allow determination of the level of drink thickness and food texture (Su et al., 2018). For example, cohesiveness and adhesiveness of puree (level 4 of IDDSI) are determined by a spoon tilt test. The puree should maintain its shape on the spoon and fall easily when the spoon is tilted, indicating that the puree is cohesive but not adhesive or sticky (Cichero et al., 2017). Also, soft and bite-sized foods (1.5 x 1.5 cm pieces, level 6 of IDDSI) can be mashed by the fork pressure test (without return to the original form) and requires chewing before swallowing. However, this classification does not make it possible to differentiate the food products according to their sensory characteristics and their ease of being swallowed. Also, the hedonic appreciation of texture modified foods must also be considered to increase consumer satisfaction and pleasure. To improve this hedonic aspect, it is important to offer different food textures for the same level of dysphagia, which implies more precisely characterizing the texture of the products using, for example, sensory analyzes.

Sensory Science is very useful for food industry to meet consumer's expectations in terms of their visual, olfactory, touch sensation and taste preferences. Several studies used sensory analyses to demonstrated a hedonic appreciation (Basu & Shivhare, 2010; Campbell, Euston, & Ahmed, 2016; Kaur, Singh, & Kaur, 2017; Mau et al., 2020) or a specific sensory description (Bernklau et al., 2017; Bustos, Perez, & León, 2011; Cordelino et al., 2019; Oliveira de Souza et al., 2018; Park, Choi, & Kim, 2015; Pasqualone et al., 2019) of different food products. Sensory Science is always evolving to offer new concept such as sensory complexity (Palczak, Blumenthal, & Delarue, 2019) or more suitable methods such as the oral comfort analysis for elderly people (Vandenberghe-Descamps, Labouré, Septier, Feron, & Sulmont-Rossé, 2018). To characterize sensory aspects of food, the use of sensory descriptors is essential. These descriptors can be evaluated during observation (visual appearance and smell), touching (mostly texture) and tasting of the food (noise, texture, taste and flavor). The product must first be observed, then smelled, tasted (first bite), chewed and finally the aftertaste sensations (after swallowing) can be evaluated (Dijksterhuis et al., 2007). During tasting, the sensory descriptors can also be classified according to different tasting times: at the first bite, during chewing, during swallowing and after swallowing (aftertaste) (Dijksterhuis et al., 2007; Fiszman, Salgado, Orrego, & Ares, 2015; Giboreau et al., 2007; Szczesniak, 2002). Recently, Ong, Steele, & Duizer (2018) were interested in the sensory characteristics of thickened liquids and they demonstrated that differences in sensory properties are detected in a same IDDSI level depending on the product to be thickened and

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3 67 the thickener used. These results confirm that it is essential to characterize sensory aspects especially  
4 68 for specific populations consuming texture modified foods and thickened liquids. The most important  
5 69 sensory aspect for the characterization of texture modified foods intended to dysphagia patients is  
6 70 obviously the texture to avoid, for example, choking (Atherton, Bellis-Smith, Cichero, & Suter, 2007).  
7 71 However, the few studies on sensory methods with dysphagia people have used hedonic methods  
8 72 instead possibly because they are easier to set up (Dahl et al., 2005; Nyström et al., 2015; Okkels et al.,  
9 73 2018; Stahlman et al., 2000). There is a real challenge to realize sensory characterization of product in  
10 74 addition of the IDDSI measurement. This approach will allow to propose to each dysphagic person a  
11 75 wide range of products with the right level of food texture.

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18 76 As explained by Szczesniak (2002), texture is a multi-parameter attribute with a large gamut of  
19 77 characteristics that derive from the structure of the food and that can be detected by several senses.  
20 78 Sensory texture can be evaluate in different ways: manually (by spreading or touching) using descriptors  
21 79 such as powdery, rough or sticky surface, oily, elasticity, friability, etc. (Martínez, Santa Cruz, Hough,  
22 80 & Vega, 2002; Martinez, Ribotta, Leon, & Añón, 2007; Monnet, 2019) or during tasting using  
23 81 descriptors like crumbly, crunchy, dry, firm, lumpy, smooth, etc. (Dijksterhuis et al., 2007; Fiszman  
24 82 et al., 2015; Giboreau et al., 2007). Of course, the description is also dependent of the product.  
25 83 Moreover, according to the method used, the descriptor can be defined by the panel together (ex.: QDA,  
26 84 Flavor or Texture Profile) or individually (ex: Free-Choice profiling, Flash profile) (Lawless &  
27 85 Heymann, 2010; Liu, Bredie, Sherman, Harbertson, & Heymann, 2018). In order to simplify the use  
28 86 of sensory descriptors and standardize their definition and evaluation method for dysphagia problems  
29 87 it would be interesting to propose a universal glossary of sensory texture descriptors. For example,  
30 88 Pascua, Koç, & Foegeding (2013) reviewed the terminology, definition and evaluation methods used at  
31 89 different stages of the oral processing (non-oral, tongue-palate compression, first chew, mastication and  
32 90 residual) to evaluate the sensory texture of semisolids and solids food such as dairy products (yogurt,  
33 91 butter, cheese, etc.), dessert (pudding, custard) and proteins gels (meat or whey protein). They observed  
34 92 that terminology and definition of the sensory descriptors were often similar between studies, but that  
35 93 the oral evaluation methods were performed differently. Pascua et al. (2013) suggested that a reference  
36 94 language to describe the food texture need to be developed to facilitate the comparisons between studies.  
37 95 However, the wide variety of food products compared by Pascua et al. (2013) may have limited the  
38 96 possibility of finding a consensus between the oral evaluation methods. For specific populations such  
39 97 as people with dysphagia, there is an important need to define sensory descriptors to offer foods with  
40 98 appreciable and safe textures. Recently, van der Stelt, Mehring, Corbier, van Eijnatten, & Withers  
41 99 (2020) developed a mouthfeel wheel terminology for medical nutrition products to facilitate  
42 100 communication and development of these specific products. However, in this study, a trained sensory  
43 101 panel without dysphagia symptoms was used and the terminology developed must be validated by the  
44 102 specialists and the patients concerned by this medical nutrition. To our knowledge, few studies propose

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3 103 sensory methods using dysphagia patients to characterize modified texture foods (ex. pureed, thickened  
4 104 liquids) (Dahl, Whiting, Isaac, Weeks, & Arnold, 2005; Nyström, Qazi, Bülow, Ekberg, & Stading,  
5 105 2015; Okkels et al., 2018; Stahlman, Garcia, Hakel, & Chambers IV, 2000).

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8 106 In this review, we propose to focus on pureed (level 4 of IDDSI) and transitional foods (level 5 to 7 of  
9 107 IDDSI) and to exclude dairy products, meat and fish to limit the diversity of texture and taste. We will  
10 108 present an overview of the sensory methods and the specific sensory descriptors used to study the oral  
11 109 texture of pureed and transitional foods. Then, we will discuss the most used specific sensory texture  
12 110 descriptor and define the evaluation method of these descriptors. Finally, we will propose some  
13 111 recommendations to characterize texture modified foods for dysphagia patients using specific sensory  
14 112 texture descriptors.

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## 22 114 2. Bibliographic study

23 115 This bibliographic study was realized between September and November 2019 using Science direct and  
24 116 PubMed databases. Different combinations of specific keywords were used: “food AND texture  
25 117 AND/OR sensory”, “Sensory analysis” AND/OR profile AND/OR descriptors”. To reduce the number  
26 118 of articles matching with these criteria (~ 40 000 documents), the bibliographic study was limited to  
27 119 articles published between 2000-2020 and to review and research articles (~ 32 000 articles). The  
28 120 selection of articles was then based on the presence of a sensory method (using a trained or not trained  
29 121 panel) with a textural aspect (~ 900 articles) of specific food products such as pureed and transitional  
30 122 foods (more specifically cereal products and excluding dairy product, meat and fish). To find these food  
31 123 products additional specific keywords were added: biscuit, cake, cookie, puree, cracker or pasta. Figure  
32 124 1 shows the distribution of the 38 articles studied according to the type of food. The biscuit is the most  
33 125 represented product in this bibliographic research (11 references). Cake, bread, cookie, cracker, pasta  
34 126 and puree have been listed in 4 to 6 references. The category named “other” represents the products  
35 127 which were found in 2 references or less each (fried pastry, pancake, waffle and pizza).

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## 46 129 3. Type of sensory descriptor to study the textural aspect of food

47 130 Despite the search of sensory texture descriptors, several articles using general descriptor and hedonic  
48 131 measures were found. Table 1 presents the repartition of the references according to the type of sensory  
49 132 descriptor used to evaluate food texture: general (ex.: texture) and specific descriptors (ex.: crunchy)  
50 133 and the sensory methods (hedonic or descriptive). In this review, 14% of the studied articles used  
51 134 general descriptors and all articles used it during a hedonic evaluation (Table 1). For example, [Kaur et](#)  
52 135 [al. \(2017\)](#) studied the effects of different levels of flaxseed flour on sensory appreciation of cookies.  
53 136 General descriptors such as color, flavour, texture and overall acceptability were used to evaluate

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3 137 cookies with 9-point hedonic scale. This kind of evaluation allow to compare cookies between them but  
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5 138 did not give specific information about a precise color, flavour or texture.

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7 139 Specific sensory descriptor of texture implies use of specific terminology to characterise the texture of  
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9 140 a product. These specific descriptors can be applied to manual texture (determine by touching or  
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11 141 spreading) and to oral texture perception (determine by tasting, chewing and swallowing). In this  
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13 142 review, specific descriptors of manual texture represent 11% of the total articles studied and were used  
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15 143 to perform a descriptive analysis (Table 1). In contrast, for specific descriptors of the oral texture, 27%  
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17 144 of articles used an hedonic evaluation and 48% of articles used a descriptive analysis (Table 1).

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19 145 Few articles also used more than one type of descriptor. For example, [Bustos et al. \(2011\)](#) and [Oliveira](#)  
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21 146 [de Souza et al. \(2018\)](#) used general descriptor to perform an hedonic evaluation and used specific  
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23 147 descriptor during descriptive analysis. Others articles also combined the use of manual and oral specific  
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25 148 descriptors to perform descriptive analysis ([Martínez et al., 2002](#); [Martinez et al., 2007](#); [Monnet, 2019](#);  
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27 149 [Pasqualone et al., 2019](#)).

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29 150 As part of this review, we focused on specific sensory descriptors of oral texture, which are represented  
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31 151 by 48% of the 38 articles reviewed. These 21 articles have been studied in more detail to define the  
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33 152 sensory methods used to describe oral texture (Table 2). The table also presents the number of assessors  
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35 153 and if they were trained or not. As describe by [Lawless & Heymann \(2010\)](#) a generic descriptive  
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37 154 analysis requires between 8 and 12 assessors who have been trained to be sure that they understand and  
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39 155 they are agree with the definition and evaluation method of the sensory descriptors. In this review, the  
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41 156 number of assessors were generally between 6 and 15, but some other references used more assessors  
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43 157 ([Fizman et al., 2015](#); [Hama-ba et al., 2018](#); [Tarancón et al., 2013](#); [Vandenberghe-Descamps et al.,](#)  
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45 158 [2018](#)). In addition, assessors were not trained in 4 studies ([Booth et al., 2003](#); [Hama-ba et al., 2018](#);  
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47 159 [Martinez et al., 2007](#); [Vandenberghe-Descamps et al., 2018](#)).

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#### 161 4. Overview of the specific sensory descriptors of the oral texture

162 This bibliographic search allowed to find 60 specific sensory descriptors of the oral texture. Table 3  
163 presents all the specific texture descriptors found and their corresponding references. Some descriptors  
164 were combined and considered as synonyms because their definition or their method of analysis were  
165 very similar. Six groups of synonymous descriptors were formed: “adhesiveness/sticky”,  
166 “doughy/pasty”, “fatty/greasy/oily”, “floury/mealy”, “grainy/gritty” and “soft/smooth” which resulted  
167 in 53 specific descriptors (or groups of synonyms) of the oral texture. The combination of adhesiveness  
168 and sticky was also proposed by [Pascua et al. \(2013\)](#), and is in agreement with [Sharma et al. \(2017\)](#)  
169 who define adhesiveness by the stickiness of the sample. However, [Cordelino et al. \(2019\)](#) used these  
170 2 terms for different evaluation of pasta. They define adhesiveness by “the extent to which two strands

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3 171 of pasta stick together when separated” and stickiness by “the extent to which strands of pasta stick to  
4 172 hands/mouth”. For this article, we only considered the term stickiness because the definition of  
5 173 adhesiveness was more related to the interaction between pasta than the oral perception. The  
6 174 combination of the descriptors soft and smooth were in agreement with the panelist formed in the study  
7 175 of [Fernández-Sestelo et al. \(2013\)](#) who associated smooth and tender as synonymous of soft. The  
8 176 synonyms groups grainy and gritty as well as fatty, greasy and oily were also combined by [Pascua et](#)  
9 177 [al. \(2013\)](#) because of their similar definition and evaluation method between different references.  
10 178 [Dijksterhuis et al. \(2007\)](#) also define gritty as dry grainy which are in agreement with the combination  
11 179 of grainy and gritty. Finally, we decided to combine doughy and pasty as well as floury and mealy  
12 180 because it seem clear that these words have a very similar definition.  
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21 182 The large number of sensory descriptors that can describe oral perceptions of texture greatly  
22 183 complicates the understanding and use of these descriptors. In addition, it is obvious that this very wide  
23 184 vocabulary does not simplify the comparisons between the studies. In order to facilitate the choice of  
24 185 sensory texture descriptors and improve their understanding, we decided to deepen the study of the most  
25 186 used texture sensory descriptors for oral perception in the revised articles.  
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31 188 5. How to choose a specific sensory texture descriptor for oral perception of pureed and transitional  
32 189 food?

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34 190 The most used texture sensory descriptors were determined from the Table 2 for the descriptors that  
35 191 have been found in 3 articles or more. Figure 2 represents the repartition of the food product studied for  
36 192 the 14 most used texture sensory descriptors. These results show that some descriptors could be used to  
37 193 describe a large number of product while other descriptors are really more specific. For example,  
38 194 “adhesiveness/sticky” is the more polyvalent descriptor (used for 8 different products: biscuit, bread,  
39 195 cake, cookie cracker, pasta, puree and fried pastry (other)). We can also observe that the descriptor  
40 196 “hard” was the more used in this bibliographic with 20 references. The descriptor “hard” was used to  
41 197 describe 6 different products but mostly used for biscuit (7 articles), bread (4 articles) and cake (4  
42 198 articles). In contrast, floury/mealy was specific to biscuit and puree.  
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49 199 It is also interesting to notice that biscuit can be described by all these most used descriptors except by  
50 200 the descriptor “cohesiveness” (Figure 1). This could be related to the fact that this product is the most  
51 201 studied in this bibliographic research. However, the descriptors “crispy”, “crunchy” and “hard” appear  
52 202 to be the most used to describe biscuit.  
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56 203 These results also allow to compare the use of descriptors such as “dry” and “moist” which are opposite  
57 204 terms. Figure 2 shows that biscuit, cake and bread can be defining by the both terms while fried pastry  
58 205 (other) seems specific to “dry” and cracker to “moist”. Indeed, some articles used both terms ([Fiszman](#)  
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206 [et al., 2015](#); [Oliveira de Souza et al., 2018](#)) while other, like [Pasqualone et al. \(2019\)](#), used one scale  
207 with these two terms (from moist to very dry).

208 These results can be useful to better target the descriptors according to the product studied (in this case  
209 for cereal or puree products). For example, sticky, cohesiveness, plummy, fibrous, floury and smooth  
210 could be used to describe puree while sticky, chewiness, firm and grainy could be more appropriated to  
211 describe pasta. Obviously, the synonyms of the groups mentioned could also be used.

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#### 213 6. How to evaluate the specific sensory texture descriptor?

214 Once the sensory descriptors have been chosen, the appropriate evaluation method must be determined.  
215 The different objectives of the studies reviewed (relationship between sensory and instrumental  
216 measurements, impact of the composition, study of the oral processing, etc.) could have influenced the  
217 choice of evaluation methods. However, as the purpose of this review is to lead to a common sensory  
218 glossary, this information was not considered.

219 Table 4 compare the evaluation methods used for the 14 most popular specific descriptors (or group of  
220 synonymous descriptors) between all articles reviewed. As mentioned in the review of [Pascua et al.  
221 \(2013\)](#), focusing mainly on dairy products and protein gels, this table shows that it is also difficult to  
222 reach a consensus between the evaluation methods of the various articles on cereal and puree foods.  
223 Several articles don't provide any evaluation method for the sensory texture descriptors used, which  
224 greatly limits the comparison of different studies ([Booth et al., 2003](#); [Hama-ba et al., 2018](#); [Martins et  
225 al., 2017](#); [Oliveira de Souza et al., 2018](#); [Tarancón et al., 2013](#); [Vandenberghe-Descamps et al., 2018](#)).  
226 When none or only one method of evaluation was provided for a descriptor, it was impossible to  
227 determine if there is a consensus or not between the references. Out of the 14 most used descriptors,  
228 consensus could not be determined (NA) for 4 descriptors (crumbly, crunchy, floury/mealy and  
229 soft/smooth), no consensus (No) was found for 7 descriptors (adhesiveness/sticky, chewiness, crispy,  
230 dry, fatty/greasy/oily, hard and moist) and consensus (Yes) was found for only 3 descriptors  
231 (cohesiveness, firm and grainy/gritty) (Table 4).

232 Among the evaluation methods provided, we can observe major differences. For example, for the  
233 descriptor "chewiness", six out of 7 references provided a definition. Five articles agree to determine  
234 the chewability from the moment the food can be swallowed which is also in agreement with the sensory  
235 definition of chewiness proposed by [Szczesniak, 2002](#). However, two articles used the number of  
236 chewing ([Bernklau et al., 2017](#); [Cordelino et al., 2019](#)), two others used the length of time to masticate  
237 ([Bustos et al., 2011](#); [Martinez et al., 2007](#)) and one the energy necessary to masticate ([Park et al., 2015](#)).  
238 Finally, an article considered the force required to drive molars through without referring to the time of  
239 swallowing ([Dijksterhuis et al., 2007](#)).

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3 240 Other differences between references can be subtler like the evaluation methods for the descriptor  
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5 241 “hard”. For this descriptor, the 9 references out of 16 provided an evaluation method. These methods  
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7 242 were mostly based on the bite force (chewing, compression or deformation force), but some references  
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9 243 specify the use of front teeth (Park et al., 2015; Shin et al., 2013) or molars (Heenan et al., 2009;  
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11 244 Martínez et al., 2002) which can lead to different perceptions. According to Szczesniak, 2002, it would  
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13 245 be appropriate to use the compression force between molars teeth for the evaluation of solids food and  
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15 246 the compression force between tongue and palate for semi-solids foods. The evaluation method  
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17 247 therefore seems very important to clarify in order to understand the meaning of the descriptor and to be  
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19 248 able to compare results between studies and products.

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21 249 Another interesting example concerns the use of the fatty/greasy/oily descriptor. Half of articles using  
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23 250 one of these descriptors did not provide an evaluation method, possibly because it seems very simple  
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25 251 to evaluate whether a food is perceived to be fatty or not (Fizman et al., 2015; Tarancón et al., 2013;  
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27 252 Vandenberghe-Descamps et al., 2018). However, Heenan et al. (2009) used the descriptor “fat” with a  
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29 253 very different method of evaluation defined as the degree of residual oiliness left on the oral cavity after  
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31 254 swallowing the sample. This latter definition, however, seems to be much closer to the evaluation  
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33 255 methods used to evaluate the descriptor “oily mouth coating”. Ledeker et al. (2014) used “oily mouth  
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35 256 coating” to describe the sensation of having a slick coating on the tongue and other mouth surfaces  
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37 257 while Sharma et al. (2017) used it for an intensity of oily coating in the inner surface of mouth after the  
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39 258 sample has been swallowed. These different evaluation methods can therefore lead to  
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41 259 misunderstandings and limit comparisons between studies. In addition, even if the descriptor "oily  
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43 260 mouth coating" has not been recognized among the most used descriptors, it is important to note that  
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45 261 the various studies do not agree on the fact that it is a texture descriptor. Dijksterhuis et al. (2007)  
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47 262 considers that this term is rather an after feel descriptor, defined as a layer of fat in the mouth and on  
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49 263 the tongue” than a texture descriptor. In the same order of ideas, Dijksterhuis et al. (2007) used crunchy  
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51 264 as a sound descriptor during chewing, defined as a high pitched sound, light sound, longer sounding  
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53 265 comparatively to snapping, instead of a texture descriptor.

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55 266 The evaluation method of the sensory descriptor crispy also seem to be difficult to define. Table 4 shows  
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57 267 that half of references didn't provided any evaluation methods and there was no consensus between the  
58  
59 268 3 evaluation methods found. These observations are in agreement with those of Roudaut, Dacremont,  
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61 269 Vallès Pàmies, Colas, & Le Meste (2002). In their review, they explained that the evaluation of the  
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63 270 descriptor “crispy” was realized with a magnitude estimation method (ratio scales, large number of  
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65 271 untrained assessors) at the beginning and has evolved into a descriptive analysis (interval scales, small  
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67 272 number of trained assessors) in the 1980's. This change in sensory method therefore led to the  
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69 273 appearance of a more precise definitions and methods to evaluate the sample. Roudaut et al. (2002)  
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71 274 observed a large diversity of meaning between the reviewed articles. They found five different aspects  
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73 275 in the definition (structure, noise, force, fracture and particle) and three methods of evaluation (crush

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3 276 with molars, incisors or fingers). In our review, we found three different aspects (energy, noise and  
4 277 force) and 2 evaluation methods (force with unspecified teeth or with molar teeth) (Table 4).  
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9 279 7. Recommendations to characterize texture modified foods for dysphagia patients using specific  
10 280 sensory texture descriptors

11 281 Among the most used sensory descriptors to evaluate pureed and transitional food and in a context of  
12 282 texture characterization for people with dysphagia, we recommend using the following descriptors as a  
13 283 priority: adhesiveness/sticky, chewiness, cohesiveness, grainy/gritty, moist and soft/smooth. As explain  
14 284 by [Vandenberghe-Descamps et al. \(2018\)](#) oral comfort during eating of people with dysphagia depends  
15 285 on chewiness, easiness to humidify and to swallow as well as the softness of the food. [Ross, Tyler,](#)  
16 286 [Borgognone, & Eriksen, \(2019\)](#) demonstrated, using thickened fluid, that oral cohesiveness (how well  
17 287 the bolus holds together on the tongue) and stickiness (stickiness of the sample when depressed between  
18 288 the tongue and roof of mouth and then swallowed) were relevant for common swallowing disorders.  
19 289 Also, adhesiveness and graininess have already been shown to be useful for sensory evaluation of  
20 290 thickened liquids by Ong et al., (2018). Sensory analyzes with panel of dysphagia people using these  
21 291 specific texture descriptors would be useful to complete the information obtained by the testing methods  
22 292 of the IDDSI and thus allow to differentiate more precisely the food products for specific populations.  
23 293 Nyström et al.(2015) demonstrated that a panel of dysphagia people perceived a large difference in  
24 294 swallowing between three fluids while a healthy panel didn't perceived difference possibly due to their  
25 295 normal and involuntary swallowing. This demonstrates the importance of better understanding the  
26 296 sensory perceptions of specific populations. Obviously, as describe by Methven, Jiménez-Pranteda, &  
27 297 Lawlor(2016), some limitations must be taken into account due to the age and health of patients (fatigue,  
28 298 confusion, medication). The use of specific descriptor, simple and rapid evaluation method as well as  
29 299 the assistance of medical personnel could improve the implementation of sensory analysis with a panel  
30 300 of dysphagia people.  
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45 302 8. Conclusions

46 303 This review shows how complex it is to find a common glossary. It seems even more difficult to find a  
47 304 consensus about the sensory evaluation method, especially since several studies don't provide this  
48 305 information. The evaluation method of specific sensory descriptor must therefore be clear and precise  
49 306 for each sensory descriptor in order to obtain a fair and repeatable analysis between panelists and  
50 307 between studies. This review also highlight that certain descriptors are more popular (hard, crispy,  
51 308 crunchy, etc.) than others (brittle, crackling, elastic, etc.) to describe pureed and transitional foods. Also,  
52 309 a list of useful sensory descriptors to characterize texture modified foods for dysphagia patients was  
53 310 proposed to supplement the instrumental measurements used by the IDDSI methods. Additional  
54 311 bibliographic studies would be essential to widen the range of food products studied (ex.: dairy, meat,

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3 312 vegetable products) and the choice of the evaluation method of the sensory descriptors will have to be  
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5 313 in adequacy with the needs of specific populations such as people with dysphagia.  
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14 318 Euramaterials and Cimes clusters.  
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16 319

17 320 Ethical statements

18 321 The authors declare that they do not have any conflicts of interest. This study does not involve any  
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20 322 human or animal testing.  
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23 324 Data Availability Statement

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25 325 Data sharing is not applicable to this article as no new data were created or analyzed in this study.  
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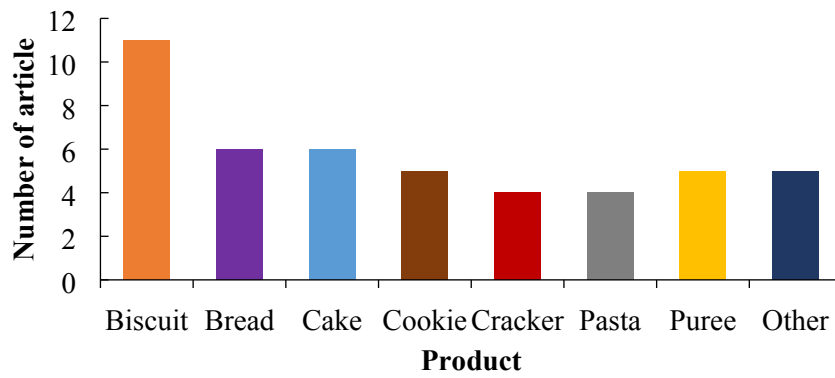


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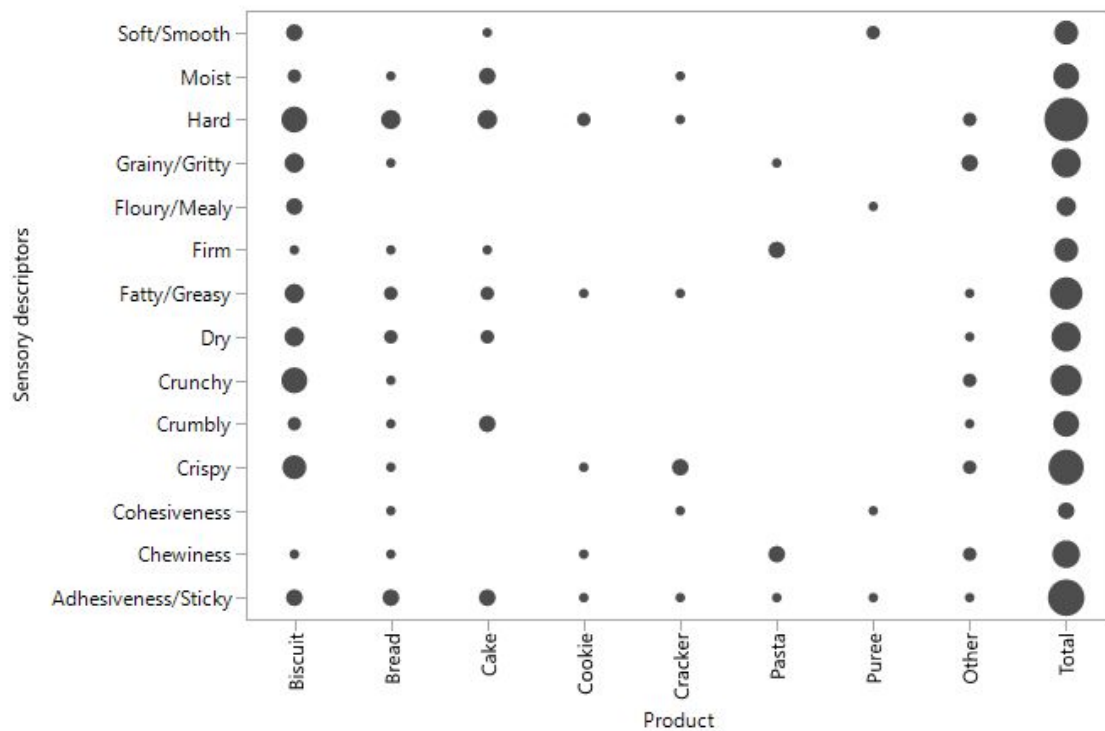
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**Figure 1.** Repartition of articles according to the type of food studied.

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**Figure 2.** Representation of the most used sensory descriptors of texture and their distribution according to the studied products. “Other” represent pizza crust and/or fried pastry.

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**Table 1**

Repartition of the references for each type of sensory descriptor.

Type of sensory texture descriptor	Reference	Repartition
General descriptor of sensory texture		
<i>Oral texture (hedonic)</i>	Duong, Balaban, Perera, & Bi, 2015; Kaur et al., 2017; Mau et al., 2020; Oliveira de Souza et al., 2018; Selvakumaran et al., 2019; Sert, Demir, & Ertaş, 2015	14 %
Specific sensory descriptor of texture		
<i>Manual texture (descriptive)</i>	Bustos et al., 2011; Martínez et al., 2002; Martinez et al., 2007; Monnet, 2019; Pasqualone et al., 2019	11 %
<i>Oral texture (hedonic)</i>	Adeola & Ohizua, 2018; Akonor et al., 2017; Fernández-Sestelo et al., 2013; Hafez, 2012; Komolka et al., 2016; Olivera & Salvadori, 2009; Omobuwajo, 2003; Pages, Bertrand, Ali, Husson, & Lê, 2007; Venkatachalam & Nagarajan, 2017; Volpini-Rapina, Sokei, & Conti-Silva, 2012; Zolfaghari, Mohebbi, & Najariyan, 2014	27 %
<i>Oral texture (descriptive)</i>	Bernklau et al., 2017; Booth, Earl, & Mobini, 2003; Bustos et al., 2011; Cordelino et al., 2019; Dijksterhuis et al., 2007; Fiszman et al., 2015; Hama-ba, Ouattara, Savadogo, Simpore, & Diawara, 2018; Heenan, Hamid, Dufour, Harvey, & Delahunty, 2009; Ledeker, Suwonsichon, Chambers, & Adhikari, 2014; Martinez et al., 2002; Martinez et al., 2007; Martins, Pinho, & Ferreira, 2017; Monnet, 2019; Oliveira de Souza et al., 2018; Park et al., 2015; Pasqualone et al., 2019; Sakač et al., 2015; Sharma, Kristo, Corredig, & Duizer, 2017; Shin, Kim, & Kim, 2013; Tarancón, Fiszman, Salvador, & Tárrega, 2013; Vandenberghe-Descamps et al., 2018	48 %

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**Table 2**  
Sensory methods used to describe oral texture

Reference	Year	Sensory methods	Number of assessors	Have the assessors been trained ?
Martínez et al.	2002	QDA	10	Yes
Booth et al.	2003	Similarity to the standard	6	No
Dijksterhuis et al.	2007	Descriptive sensory profiling panel	8	Yes
Martínez et al.	2007	Generic descriptive analysis	13	No
Heenan et al.	2009	QDA	11	Yes
Bustos et al.	2011	Multiple comparative method	9	Yes
Tarancón et al.	2013	Free choice profile	28	Yes
Shin et al.	2013	QDA with the modification of using product-specific references	8	Yes
Ledeker et al.	2014	Hybrid method adapted from the flavor profile method	7	Yes
Sakač et al.	2015	Descriptive analysis	8	Yes
Park et al.	2015	QDA	8	Yes
Fizman et al.	2015	Vocabulary generation: Repertory grid, comparison of the whole sample set, individual sample description	90	NA
Martins et al.	2017	Descriptive analysis	13	Yes
Sharma et al.	2017	Partial Napping and descriptive analysis	9	Yes
Bernklau et al.	2017	QDA	10	Yes
Oliveira de Souza et al.	2018	CATA test	15	NA
Vandenbergh-Descamps et al.	2018	Food comfortability questionnaire	42	No
Hama-ba et al.	2018	Profile test	30	No
Cordelino et al.	2019	QDA	9	Yes
Monnet	2019	QDA	11	Yes
Pasqualone et al.	2019	QDA	8	Yes

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**Table 3**

List of specific sensory descriptors of the oral texture.

Descriptors	References
Adhesiveness/Sticky	Cordelino et al., 2019; Dijksterhuis et al., 2007; Fiszman et al., 2015; Heenan et al., 2009; Martínez et al., 2002; Sakač et al., 2015; Sharma et al., 2017; Vandenberghe-Descamps et al., 2018
Astringency	Pasqualone et al., 2019
Bite force	Bernklau et al., 2017; Dijksterhuis et al., 2007
Bolus formation	Dijksterhuis et al., 2007; Martínez et al., 2002
Brittle	Dijksterhuis et al., 2007; Tarancón et al., 2013
Chalky	Ledeker, Suwonsichon, Chambers, & Adhikari, 2014
Chewiness	Bernklau et al., 2017; Bustos et al., 2011; Cordelino et al., 2019; Dijksterhuis et al., 2007; Martínez et al., 2007; Park et al., 2015; Tarancón et al., 2013
Coarse	Heenan, Hamid, Dufour, Harvey, & Delahunty, 2009
Cohesiveness	Martínez et al., 2002; Martins et al., 2017; Sharma et al., 2017
Compact	Fiszman et al., 2015; Oliveira de Souza et al., 2018
Contrast inside-outside	Dijksterhuis et al., 2007
Crackling	Dijksterhuis et al., 2007
Crispy	Bernklau et al., 2017; Booth et al., 2003; Dijksterhuis et al., 2007; Martínez et al., 2002; Park et al., 2015; Tarancón et al., 2013
Crumbly	Dijksterhuis et al., 2007; Fiszman et al., 2015; Oliveira de Souza et al., 2018
Crunchy	Booth et al., 2003; Fiszman et al., 2015; Heenan et al., 2009; Martins et al., 2017; Tarancón et al., 2013
Disintegrates	Dijksterhuis et al., 2007
Doughy/Pasty	Fiszman et al., 2015; Vandenberghe-Descamps et al., 2018
Dry	Dijksterhuis et al., 2007; Fiszman et al., 2015; Oliveira de Souza et al., 2018; Pasqualone et al., 2019; Tarancón et al., 2013; Vandenberghe-Descamps et al., 2018
Duration of chewing	Dijksterhuis et al., 2007
Elastic	Cordelino et al., 2019
Even	Fiszman et al., 2015
Fatty/Greasy/Oily	Fiszman et al., 2015; Heenan et al., 2009; Martínez et al., 2002; Sakač et al., 2015; Tarancón et al., 2013; Vandenberghe-Descamps et al., 2018
Fibrous	Fiszman et al., 2015; Ledeker et al., 2014
Firm	Bustos et al., 2011; Cordelino et al., 2019; Martínez et al., 2007; Vandenberghe-Descamps et al., 2018
Floury/Mealy	Fiszman et al., 2015; Ledeker et al., 2014; Tarancón et al., 2013
Fluffy	Oliveira de Souza et al., 2018
Fracturability	(Sakač et al., 2015)
Goey	Dijksterhuis et al., 2007
Grainy/Gritty	Cordelino et al., 2019; Dijksterhuis et al., 2007; Fiszman et al., 2015; Pasqualone et al., 2019
Groats	Komolka et al., 2016
Hard	Booth et al., 2003; Dijksterhuis et al., 2007; Fiszman et al., 2015; Hama-ba et al., 2018; Heenan et al., 2009; Martínez et al., 2002; Oliveira de Souza et al., 2018; Park et al., 2015; Sakač et al., 2015; Shin et al., 2013; Tarancón et al., 2013; Vandenberghe-Descamps et al., 2018
Heavy	Fiszman et al., 2015
Homogenous	Fiszman et al., 2015
Light	Fiszman et al., 2015
Lumpy	Fiszman et al., 2015
Melting	Dijksterhuis et al., 2007; Vandenberghe-Descamps et al., 2018
Moist	Fiszman et al., 2015; Heenan et al., 2009; Martínez et al., 2002; Oliveira de Souza et al., 2018
Noise	Martínez et al., 2002
Oily mouth coating	Ledeker et al., 2014; Sharma et al., 2017
Particule size or shape	Sakač et al., 2015
Porosity	Fiszman et al., 2015
Pulpy residue	Ledeker et al., 2014
Rough	Fiszman et al., 2015
Sandy	Dijksterhuis et al., 2007; Fiszman et al., 2015
Slick	Ledeker et al., 2014
Slimy	Ledeker et al., 2014
Soft/Smooth	Fiszman et al., 2015; Hama-ba et al., 2018; Oliveira de Souza et al., 2018; Sharma et al., 2017
Splinters	Dijksterhuis et al., 2007
Spongy	Fiszman et al., 2015
Springy	Dijksterhuis et al., 2007
Stringy	Vandenberghe-Descamps et al., 2018
Tough	Dijksterhuis et al., 2007
Viscosity	Ledeker et al., 2014

1 **Table 4**

2 Evaluation method of the most used texture descriptors and determination of consensus between the different references.

Descriptor	Reference	Products	Evaluation method	Consensus
Adhesiveness/Sticky	Cordelino et al., 2019	Pasta	The extent to which strands of pasta stick to hands/mouth.	No
	Dijksterhuis et al., 2007	Fried pastry, bread	Sticks to molars and palate.	
	Fizman et al., 2015	Biscuit	NA	
	Heenan et al., 2009	Biscuit, bread, cake	Force required to remove sample completely from the palate, using the tongue during consumption.	
	Martínez et al., 2002	Cracker	After 8–10 bites measure the quantity of product stuck to the teeth.	
	Sakač et al., 2015	Cookie	The force required to remove cookie that adheres to the mouth or to a substrate.	
	Sharma et al., 2017	Puree	Stickiness of the sample.	
	Vandenbergh-Descamps et al., 2018	Bread, cake	NA	
	Bernklau et al., 2017	Pizza crust	The degree to which a sample takes a number of chews until the product is ready for swallowing.	
Chewiness	Bustos et al., 2011	Pasta	The length of time required to masticate the spaghetti to a state of swallowing.	No
	Cordelino et al., 2019	Pasta	The number or chews required to reduce the sample to a state ready for swallowing.	
	Dijksterhuis et al., 2007	Fried pastry, bread	Force required to drive molars through.	
	Martínez et al., 2007	Pasta	The length of time required to masticate the spaghetti to a state of swallowing.	
	Park et al., 2015	Cookie	The energy necessary to masticate solid foods so that they can be easily swallowed.	
	Tarancón et al., 2013	Biscuit	NA	
Cohesiveness	Martínez et al., 2002	Cracker	After 8–10 bites measure the degree with which the resulting mass keeps together.	Yes
	Martins et al., 2017	Bread	NA	
	Sharma et al., 2017	Puree	Degree to which the mass of food and saliva hold together after mastication and while swallowing.	
Crispy	Bernklau et al., 2017	Pizza crust	NA	No
	Booth et al., 2003	Biscuit	NA	
	Dijksterhuis et al., 2007	Fried pastry, bread	Cracks, you can force your teeth through slowly, airier than crackling. Associate with fresh disintegrates into pieces smaller than with crackling.	
	Martínez et al., 2002	Cracker	Energy with which the cracker goes crack-crunch-bang during the first 2–3 bites with molar teeth.	
	Park et al., 2015	Cookie	The force and noise with which a sample breaks when chewed with molar teeth.	
Crumbly	Tarancón et al., 2013	Biscuit	NA	NA
	Dijksterhuis et al., 2007	Fried pastry, bread	Small pieces in the mouth.	
	Fizman et al., 2015	Biscuit	NA	
	Hafez, 2012	Cake	NA	
Crunchy	Oliveira de Souza et al., 2018	Cake	NA	NA
	Booth et al., 2003	Biscuit	NA	
	Fizman et al., 2015	Biscuit	NA	
	Heenan et al., 2009	Biscuit	Degree of brittleness when force is applied between the molars.	
	Martins et al., 2017	Bread	NA	
Dry	Tarancón et al., 2013	Biscuit	NA	No
	Vandenbergh-Descamps et al., 2018	Bread, cake	NA	
	Dijksterhuis et al., 2007	Fried pastry, bread	Saliva absorbing during chewing.	
	Fizman et al., 2015	Biscuit	NA	
	Oliveira de Souza et al., 2018	Cake	NA	
	Pasqualone et al., 2019	Biscuit	Dryness perceived at the surface of biscuit.	

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6 **Table 4 (continued)**

Descriptor	Reference	Products	Evaluation method	Consensus
Fatty/Greasy/Oily	Fiszman et al., 2015	Biscuit	NA	No
	Heenan et al., 2009	Biscuit, bread, cake	Degree of residual oiliness left on the oral cavity after swallowing the sample.	
	Martínez et al., 2002	Cracker	Degree of greasiness perceived during mastication.	
	Sakač et al., 2015	Cookie	Surface textural attributes relating to the perception of the quantity or quality of fat in a cookie.	
	Tarancón et al., 2013	Biscuit	NA	
	Vandenberghe-Descamps et al., 2018	Bread, cake	NA	
Firm	Bustos et al., 2011	Pasta	The force required to cut through the spaghetti using the front teeth.	Yes
	Cordelino et al., 2019	Pasta	Force required to bite completely through the sample.	
	Martínez et al., 2007	Pasta	The force required to cut through the spaghetti using the front teeth.	
	Vandenberghe-Descamps et al., 2018	Bread, cake	NA	
Floury/Mealy	Fiszman et al., 2015	Biscuit	NA	NA
	Ledeker et al., 2014	Puree	The perception of fine, soft particles distributed within the product.	
	Tarancón et al., 2013	Biscuit	NA	
Grainy/Gritty	Cordelino et al., 2019	Pasta	Contains particulates upon biting/chewing.	Yes
	Dijksterhuis et al., 2007	Fried pastry, bread	Dry grainy.	
	Fiszman et al., 2015	Biscuit	NA	
	Pasqualone et al., 2019	Biscuit	Graininess perceived at the end of chewing.	
Hard	Adeola & Ohizua, 2018	Biscuit	NA	No
	Booth et al., 2003	Biscuit	Difficult to bite off a piece.	
	Dijksterhuis et al., 2007	Fried pastry, bread	Resistance, with sound, snaps. Chewing force needed.	
	Fiszman et al., 2015	Biscuit	Difficult to bite.	
	Hama-ba et al., 2018	Biscuit	NA	
	Heenan et al., 2009	Biscuit, bread, cake	Force required to bite completely through sample placed between the molars.	
	Komolka et al., 2016	Biscuit	NA	
	Martínez et al., 2002	Cracker	By steadily compressing the cracker between the molars measure the force required for compression.	
	Oliveira de Souza et al., 2018	Cake	NA	
	Park et al., 2015	Cookie	The force needed to bite through the cookie sample using the front teeth.	
	Sakač et al., 2015	Cookie	The force required to achieve a given deformation or penetration of a cookie.	
	Shin et al., 2013	Bread	The force needed to bite through the sample with the front teeth.	
	Tarancón et al., 2013	Biscuit	NA	
	Vandenberghe-Descamps et al., 2018	Bread, cake	NA	
Volpini-Rapina et al., 2012	Cake	Minimum force necessary to compress the sample between the teeth.		
Zolfaghari et al., 2014	Fried pastry	NA		
Moist	Fiszman et al., 2015	Biscuit	NA	No
	Heenan et al., 2009	Biscuit, bread, cake	Amount of moisture perceived on the surface of the product, when in contact with the oral cavity.	
	Martínez et al., 2002	Cracker	Measure the amount of saliva absorbed by the sample after 8–10 bites.	
	Oliveira de Souza et al., 2018	Cake	NA	
	Volpini-Rapina et al., 2012	Cake	Sensation caused by the amount of water presented in the cake.	
Soft/Smooth	Hama-ba et al., 2018	Biscuit	NA	NA
	Fernández-Sestelo et al., 2013	Puree	NA	
	Fiszman et al., 2015	Biscuit	NA	
	Oliveira de Souza et al., 2018	Cake	NA	
	Pages et al., 2007	Biscuit	NA	
	Sharma et al., 2017	Puree	Velvety feeling of the sample in the mouth.	

7 NA: Not applicable (evaluation method of the texture descriptor was not stated in the reference)

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