

Abstract

Provided are a method for evaluating a texture upon swallowing a food or drink in which the texture upon swallowing a food or drink can be accurately evaluated by a simple method using an extensional viscometer or the like, a method for producing a formulation for improving a swallowing texture using the evaluation method, and a formulation for improving a swallowing texture. The method for evaluating a texture upon swallowing foods or drinks includes adjusting viscosity of the food or drink to a constant or substantially constant shear viscosity by diluting the food or drink or adding a thickening component thereto; measuring a filament diameter of the viscosity-adjusted food or drink over time using a capillary breakup extensional viscometer to calculate an extensional viscosity and an extensional strain from a change in the filament diameter; determining an index value representing the extensional viscosity in a region where the extensional strain is in a specific range; and evaluating the quality of the texture upon swallowing the food or drink from the determined index value.