

Texture E

Eat well with a soft diet

Dietetics / Speech and Language Therapy Patient Information Leaflet

NOTE: *this diet sheet can be adapted for texture D diets (Soft diet mashed with a fork). If following texture D all foods in this leaflet are suitable but must be mashed with a fork prior to serving.*



Introduction

Swallowing and chewing problems can occur with a number of medical conditions. For your own safety, you have been advised to follow a **soft diet**. This means that you need food that:

- Is **soft**, tender and moist but needs some chewing
- Can be mashed with a fork

In addition, any fluid that you add to or in your food (ie. gravy, sauce or custard) should be thick.

Preparing Foods

Foods at this stage should be relatively normal but exclude anything that is too hard or chewy. To prepare food in this way it should be:

- **Soft / tender / well cooked** with **hard lumps / husks removed**
- **Diced** (pieces of meat served no bigger than 15mm)
- **Moistened** with additional smooth sauce/ gravy or custard

Useful Equipment

- Slow cooker
- Pressure cooker
- Casserole dishes
- Potato masher
- Fork
- Grater
- Sieve



Soaking

If you would like to have crumbly cakes, desserts or biscuits you should soak them to make sure that they are completely moist. Ask your Speech and Language therapist for more advice.

You can do this by:

- Dunking your biscuits into hot drinks. Ensure that they are completely saturated with liquid and therefore soft before eating.
- Preparing a soaking solution and allowing your snack to set.

Soaking Method

- 1. Prepare:** Make a soaking solution by adding 1 scoop of thickener to 125ml of your chosen liquid.
- 2. Soak:** Dip your snack in the prepared liquid until it is completely soaked.
- 3. Refrigerate:** Place the soaked snack onto a fresh plate and refrigerate for a minimum of 2 hours before eating with a spoon.



Eating Well

Although the consistency of your food may have changed, it is important that you continue to enjoy a wide variety of range of foods.

A good balance of nutrition is essential to give your body the right amount of energy, vitamins and minerals that it needs to work properly.

The eat well plate (opposite) shows the different types of food we need to eat—and in which proportions—to have a well balanced, healthy diet.

Choosing a variety of suitable foods from each of the food groups in the tables that follow will help you get all the nutrients you need for good health.

As a general guide to healthy eating, aim for:

- 5 portions of fruit vegetables per day (a portion is the amount that you can fit in the palm of your hand or approximately 3 heaped tablespoons)
- 3 portions of dairy (a portion is 1/3 pint of milk / a standard 125g pot of yoghurt or a match box size (30g) of cheese)
- 2-3 portions of protein per day (a portion of meat or fish is approximately the size of a packet of playing cards. Alternatively 2 eggs or 4 tablespoons of boiled lentils)
- A portion of starchy carbohydrate at each meal (either potato, cereal, rice, pasta or noodles)
- At least one portion of oily fish per week (salmon, mackerel, herring, pilchards, sardines or trout)

Note: this eat well plate is a visual representation of a well balanced diet. Not all foods illustrated will be suitable to include in your modified texture diet. For further guidance see page 6-7.



Food Group	Suitable	
Carbohydrate – <i>aim for 3 servings a day</i>	Bread/Toast	None unless assessed as suitable by SL basis
	Pasta/Rice	Most – well cooked with sauce
	Cereals	Thick smooth porridge Weetabix, cornflakes or rice crispies fully absorbed
	Potato	Mashed, soft middles of baked potatoes
Fruit and Vegetables <i>– aim for 5 servings a day</i>	Vegetables	Most smooth blended soups without cro thickened if on texture modified fluids) Canned peeled tomatoes Well steamed/boiled carrots, suede, cau pumpkin or butternut squash
	Fruit	Over ripe fruit that is soft and cut up - ba peach, strawberries Tinned peaches, pears or fruit cocktail Stewed apple/pears
Protein – <i>aim for 2/3 servings a day</i>	Meat	Most meats provided they are soft, tend bigger than 15mm. Fine mince (beef, lamb, turkey, chicken of mince. Serve in thick smooth sauce o
	Fish	White, smoked, oily fish (tinned, fresh or Fish in a thick smooth sauce/gravy. Fish enough to break up into small pieces wit Fish Pie Fish paste
	Beans/Pulses	Some varieties of soft beans, peas, lenti
	Eggs	Soft boiled, poached, scrambled, soft pla
Dairy – <i>aim for 3 servings a day</i>	Cheese	Most varieties of cheese finely grated Cheese sauce Soft cheese/spreads
	Yoghurt	Thick smooth yoghurt (no bits) Fromage frais
	Milk	Milk puddings, custard
Foods high in fat and/or sugar		Chocolate spread, syrup/treacle, smooth Chocolate buttons Cake moistened all over with cream or c seeds) Mousse, smooth yoghurts, rice pudding, crème caramel, tiramisu, pannacotta, bla

	Unsuitable
LT on an individual	All
	Pasta salad Pot Noodles
y softened with milk	Muesli Any with added nuts/fruits/seeds Crunchy cereals or hard cereals Cereal bars
	Skin of baked potato, roast potatoes or chips
utons (Soup must be liflower, broccoli,	Minestrone soup. Raw or crunchy vegetables or salad. Tomato skin. Shelled vegetables (sweetcorn, garden peas) Stringy vegetables (eg. mange tout, green beans, celery, Lettuce, broad beans) Melon, pineapple
anana, peeled pear/	Skin on fruit eg. Grapes, Firm or unripe fruit (apples, pears) Fruit that is stringy (eg oranges, rhubarb) Dried fruit. Fruit skins and peel
er and served no or pork). No hard bits r gravy.	Fat, gristle, bones, skin Sausages Spare Ribs All tough meat Fried/roasted meats
frozen) should be soft h a fork	Shell fish, Skin Bones Battered/breaded fish Fried
ls, hummus	Red kidney beans and tough skin beans
ain omelette	Fried
	Any cheese with nuts, dried fruit etc. Stringy on cooking eg. Edam, Mozzarella Chunks of cheese
	Milk must be thickened if on texture modified fluids
n peanut butter mustard (without nuts/ custard, trifle ancmange	Pastry Dry cake or desserts, biscuits, popcorn Potato crisps Nuts Boiled sweets, toffee Chocolate with fruit/nuts or in hard shells eg Smarties Crumbly biscuits Ice cream or jelly - if you require thickened fluids

Meal Ideas

Breakfast

- Porridge, Ready Brek made with milk/cream.
- Rice Krispies, Weetabix, Corn Flakes (fully soften with milk).
- Thick and creamy yoghurts (no nuts or seeds).
- Baked beans with grated cheese
- Soft scrambled or poached egg with grated cheese
- Soft boiled egg
- Fruit Juice



Main Meals

- Minced turkey, beef, lamb or pork with gravy with mashed potato
- Soft baked potatoes (no skin) with egg mayonnaise, cream cheese, cheese spread, meat or fish paste
- Corned beef hash
- Cottage/shepherds pie
- Bolognese and mash
- Lasagne
- Ravioli
- Stew (made with soft meat)
- Fisherman's pie
- Boil in the bag fish with sauce
- Poached cod
- Omelette
- Soft scrambled, poached or boiled egg
- Cauliflower cheese,
- Cheese and potato pie (without pastry)
- Macaroni cheese
- Lentil casserole



Desserts

Try to include a pudding after both meals. If you feel full, leave your pudding for a snack in between your meals.

- Milky pudding e.g. rice, semolina, sago, tapioca
- Fruit and custard e.g. stewed apple, pear, mashed banana
- Thick and creamy yoghurt (no seeds/nuts)
- Mousses/whips
- Soft fruit e.g. tinned peaches or pears
- Soaked sponge and custard
- Blancmange
- Fruit Fool
- Fromage Frais (full fat)
- Trifle



Adding Extra Nourishment

If you are concerned that you are underweight or that you have lost weight recently, it would be beneficial to increase the nutritional content of the foods that you eat. The points below will help to increase the calorie content of your meals.

- Use full fat milk
- Add 4 tablespoons of dried milk powder to 1 pint of full cream milk.
- Use margarine or butter, mayonnaise or soft cheese in mash potato or on cooked vegetables
- Try adding seedless jam/marmalade, lemon curd or honey to porridge, breakfast cereals, milk puddings or smooth yoghurt and stir in until the consistency is even.
- Add grated cheese to eggs, soups or pasta dishes
- Add a tablespoon of milk powder, double cream or soft cheese to soup.
- Add 2 – 4 tablespoons of double cream to cooking sauces.

Suggestions to make eating safer

Position

- Make sure you are comfortable and relaxed
- Sit as upright as possible whilst eating and for 30 minutes afterwards
- Reduce distractions (television/phone calls)

Timing

- Take time to enjoy your meal
- Do not worry about keeping up when eating with others
- Try to eat small, frequent meals and snacks
- Avoid eating when tired

Medication

- You may need to take your usual medication in a different form such as a syrup or a soluble tablet.
- Ask your Doctor or Pharmacist for advice

Mouth Care

- It is essential to keep your mouth and teeth clean

Reasons to contact your Speech and Language Therapist

- Frequent chest infections
- Coughing during or after eating
- Feeling of food getting stuck
- Difficulty swallowing your saliva
- Wet, gurgly voice following eating
- Tiring quickly when eating or meals take longer than 45 minutes

Reasons to contact your Dietitian

- Loss of appetite or interest in food
- If you are unsure about any particular food or would like further information
- Weight changes

This information has been produced for Blackpool Teaching Hospitals NHS Foundation Trust by state registered Dietitians and Speech and Language Therapists. At the time of publication the information contained within the leaflet was, to the best of our knowledge, correct and up to date.

Always consult a suitably qualified health professional and/or your GP on health problems. Blackpool Teaching Hospitals NHS Foundation Trust cannot be held responsible for how clients/patients interpret and use the information within this resource.

Options available

If you'd like a large print, audio, Braille or a translated version of this booklet then please call **01253 655588**

Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**
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Further information is available on our website: **www.bfwh.nhs.uk**

Travelling to our hospitals

For the best way to plan your journey to any of the local hospitals visit our travel website: **www.bfwhospitals.nhs.uk/departments/travel/**

Useful contact details

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References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:
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01253 303397



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