

Patient information

Texture modified diet

Contact dietitian

Telephone.....

If you are struggling to chew, swallow and/or keep solid foods down it may be advisable to follow a soft or even puree diet.

You may have an issue with dentition or a sore mouth.

Or you may have a stricture causing partial obstruction at some point in your gastrointestinal tract whereby larger particles from chewed solid / normal foods can get stuck or cause a blockage leading the regurgitation, heaving or vomiting after eating.

To help allow food to 'go down' you may have been asked by your dietitian, doctor or nurse to follow a soft or puree diet. This leaflet will help guide you on how to modify the texture of your diet to soft or puree without compromising the nutritional content of food.

Please note: The information in this leaflet is not appropriate for people who have been diagnosed with dysphagia by a Speech and Language Therapist and have been advised on certain IDDSI levels of food and fluid modifications to follow. If you have been advised to follow certain 'Levels' of food or fluid then please ignore this diet sheet.

Soft diet

A soft diet:

- Is soft, tender and moist but needs some chewing
- Can be mashed with a fork
- Usually requires a thick, smooth sauce, gravy or custard

Foods to avoid or foods that may be difficult to manage:

- Stringy fibrous texture e.g. pineapple, runner beans, oranges, celery and lettuce
- Vegetable and fruit skins e.g. broad beans, peas and grapes
- Crunchy food e.g. toast, crisps, biscuits, batter and breadcrumbs
- Crumbly food e.g. pie crusts, crumble, crackers, cake with dried fruit or nuts, pastries and flapjacks
- Hard foods e.g. boiled and chewy sweets, toffees, nuts and seeds
- Food with husks; e.g. sweetcorn, granary and other multiple grain breads
- Dry and crusty bread and baguettes

What can I eat if I am following a soft diet?

You should aim to eat three meals a day; this includes breakfast, lunch and an evening meal. If you find that you have a small appetite or you are losing weight you should try and eat snacks and nourishing drinks in between meals.

You should aim to follow a healthy balanced diet including foods from the following four food groups:

- Starchy foods which includes bread, rice, potatoes, pasta and cereals
- Meat, fish eggs, beans and other non-dairy sources of protein
- Milk and dairy foods
- Fruit and vegetables

Starchy foods – provide energy and fibre

Food	Choose these foods	Avoid these foods
Meat	Opt for tender meats; slow cook to help soften; dishes with sauces e.g. casseroles, stews or minced meat in gravy; cottage/shepherd's pie; corned beef hash; lasagne; moussaka; bolognaise; chilli con carne; skinless sausages; smooth pates	Tough, chewy or gristly meat e.g. lamb, beef, gammon
Fish	Steamed, poached, baked or boiled with milk and butter; boil in the bag fish in sauce; fish pie; tinned fish including tuna, salmon or pilchards	Fish containing bones; battered/breaded fish
Eggs	Scrambled, poached or boiled eggs; omelette – plain or cheese; boiled eggs mixed with mayonnaise; quiche/flans; sweet and savoury egg dishes e.g. crème caramel and soufflés	Omelettes with hard ingredients added
Beans, pulses, lentils and nuts	Well-cooked and/ or tinned varieties; smooth nut butters; tahini; houmous.	Nuts and crunchy nut butters

Food	Choose these foods	Avoid these foods
Breakfast cereals	Cereals that soften easily with milk e.g. Weetabix or porridge	Muesli; clusters; granola; dried fruit and nuts
Bread	Plain white or wholemeal bread; soft bread rolls; French toast / eggy bread without crusts	Bread crusts; toast; crusty rolls; bread with grains, seeds or nuts
Potatoes	Well-cooked potatoes mashed with butter/margarine, milk, cream and/or cheese; Instant mashed potato; Jacket potato filling (not the skin)	Jacket potato skin; roast potatoes
Pasta and rice	Lasagne; moussaka or spaghetti bolognaise; macaroni cheese; ravioli; cannelloni; paella; gnocchi or noodles	Al dente pasta; fried rice

Meat, fish and alternatives – provide protein

Dairy foods – provide protein and calcium

Food	Choose these foods	Avoid these foods
Milk	Use as a drink, on cereals and in pudding; use to make milkshakes, scrambled eggs or mashed potato	-
Yoghurts/ fromage frais	Choose smooth yoghurts, fromage frais and Greek yoghurts	-
Cheese	Soft cheeses such as Dairylea®; cottage cheese; cream cheese; Babybel®; Laughing Cow® To enrich foods grate and melt cheese onto vegetables and add to sauces and soups	Cheeses with dried fruit and nuts

Fruit and vegetables – provide vitamins, minerals and fibre

Food	Choose these foods	Avoid these foods
Vegetables	If using fresh vegetables, peel and cook until soft, then mash if preferable e.g. peas, parsnips, carrots or swede To enrich vegetables mash vegetables with oil, butter and/or melted cheese	Raw vegetables; al dente vegetables; hard/stringy vegetables e.g. celery, runner beans
Fruit	Soft fruits e.g. bananas, mango, papaya; fruit compote; defrosted frozen fruit; tinned; stewed fruit; smoothies/ fruit juice	Fruits with skin e.g. grapes; fruits containing seeds and pips; hard fruits; dried fruits; stringy fruit e.g. pineapple and oranges

Snacks and desserts

Food	Choose these foods	Avoid these foods
Dessert/sweet foods	Melting crisps e.g. Quavers® or Wotsits®; dips including taramasalata, guacamole, hummus or cream cheese; moist cakes or buns; pancakes; biscuits dunked and softened in a hot drink; chocolate (without nuts or dried fruit; trifle; chocolate mousse; sponge pudding with custard/cream; pureed fruit fool; blancmange; crème caramel; yoghurt; milk jelly; ice-cream; sorbet; semolina; tapioca; sago; custard; cheesecake; banoffee pie; Angel Delight; ® soya yoghurts or desserts	Dry biscuits; dry cake; nuts; pastry

Puree diet

A puree diet:

- Is of a smooth, even consistency without lumps, fibres, bits of shell, skin or husk, particles of gristle or bone
- Contains food which has been pureed or has a puree texture
- Is moist and does not require any chewing.

Top tips:

- Many everyday foods can be easily altered to form a smooth texture using a blender, liquidiser or food processor. Some food may then need to be sieved to achieve a puree texture.
- Rather than using water to puree meals, use gravy, stock, soup, milk or fruit juice to get the consistency you need, as they are more nourishing.
- Liquidising each part of the meal separately makes it look and taste more appetising.
- Prepare foods in bulk and then freeze them. Ensure that your food is defrosted thoroughly at room temperature before reheating.

Each day you should try and ensure you are having a nutritionally balanced diet by aiming to have foods from each different food group:

Starchy foods. Aim to have these three times per day. Opt for Ready Brek®, porridge, Weetabix with milk, mashed potato

Protein foods. Aim to have these twice daily. Opt for pureed meat, fish or lentils, scrambled egg, cheese sauce

Fruit and vegetables. Aim to have five portions per day and trying to have over half of these from vegetables. Opt for:

- Fruit that can be stewed easily e.g. apple, rhubarb, mango
- Fruit that can be liquidised easily and sieved if required e.g. strawberries, banana
- Vegetables that can be cooked

Dairy products. Aim to have 2 - 3 portions per day e.g. 1 small pot of yoghurt and a glass of milk.

Fatty foods. Add butter/margarine, grated cheese, cream, full-fat milk and/or oils if you need to gain weight.

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<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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