

## Soft Diet

### Practical tips to increase your energy intake on a soft diet

If you have problems **swallowing** ask your GP to refer you to a Speech & Language Therapist.

If you have problems chewing, you may require changes to your diet so that you can manage to eat and drink easily. If you have a small appetite, you may find small frequent meals easier to manage than large meals.

Ensure you have a balanced and varied diet from the table below. Always choose full fat and full sugar\* foods and drinks if you have recently lost weight unintentionally or need to gain weight.

### Preparation tips:

To ensure a soft consistency, foods should be well cooked and mashable with a fork.

Food Type	Suitable foods
<b>Milk, cheese &amp; dairy</b> Aim for two or three servings a day	<ul style="list-style-type: none"> <li>Whole milk and milk shakes, double cream or sour cream</li> <li>Thick and creamy yoghurts/milky puddings (</li> <li>Full fat cream cheeses, add grated cheese to mashed potatoes, sauces and soups (mix well to ensure it does not go stringy)</li> <li>Butter/margarine to be added to mashed potatoes, vegetables and soups</li> </ul>
<b>Meat, fish, poultry &amp; meat alternatives (beans, pulses, quorn, tofu, nuts and seeds)</b> Aim for two servings a day	<ul style="list-style-type: none"> <li>Choose tender meat and casseroles to ensure meats are soft. Use soft tinned meats or small pieces of ready-cooked meats with sauce or gravy</li> <li>Steam, bake or microwave boneless fish (without batter) and serve with a sauce made with fortified whole milk (mix 1 pint of milk with 4 tablespoons of skimmed milk powder) Alternatively use tinned (boneless fish) such as tuna or salmon</li> <li>Choose baked beans or dahl/pulse dishes</li> <li>Eggs can be scrambled, poached, boiled or made into an omelette. Extra butter, margarine, cream or whole milk may be needed to make them softer</li> <li>Boiled eggs may be grated or mashed with butter/ mayonnaise</li> <li>Choose dishes such as macaroni cheese, spaghetti bolognese, cottage pie or lasagne</li> </ul>
<b>Breads, rice, cereals, pasta and potatoes</b> Base your meals around these foods	<ul style="list-style-type: none"> <li>Use soft white bread and remove the crusts to make soft sandwiches. Choose soft fillings such as tinned fish, egg mayonnaise, hummus, pâté or spreads</li> <li>Porridge or Weetabix™ made with full fat milk (choose a fine oatmeal for a smoother texture). Avoid 'mixed consistency' cereal such as cornflakes, rice Krispies™ and muesli that may have hard bits such as nuts/dried fruit in it</li> </ul>
<b>Fruits and vegetables</b> Aim for five servings a day	<ul style="list-style-type: none"> <li>Fresh, frozen or tinned vegetables can be cooked until soft; add margarine/butter or serve with a tomato or white sauce. Alternatively mash vegetables (such as swede) with margarine/butter/whole milk and add grated cheese</li> <li>Choose soft fresh (remove skin, seeds, pips) or tinned fruit or any fruit that can be stewed (with added sugar*) or mashed. Serve with custard, yoghurt, double cream, ice cream, fromage frais, condensed or evaporated milk</li> </ul>
<b>Sweets &amp; desserts</b>	<ul style="list-style-type: none"> <li>Homemade, tinned and packet puddings are all suitable e.g. custard, rice pudding, semolina, sago, tapioca, sponge or stewed fruit with custard, double cream or evaporated/condensed milk</li> <li>Other options include thick and creamy yoghurts, fromage frais, crème caramel, chocolate and fruit mousses</li> <li>Honey*, sugar* or syrup* can be added into other foods for extra flavour and calories</li> <li>Use full fat products where possible</li> </ul>

\*If you're diabetic please monitor your bloods sugars or discuss this with your diabetes GP/health professional

**If you are struggling to follow this advice, please contact the person who gave you this sheet.**