

Texture E Dysphagia Diet (Soft-normal Diet)

Description

- Food is soft, tender and moist.
- Served with a very thick, smooth gravy or sauce
- Some chewing needed.
- Fruit should be skinned, with pips and stones removed.
- Meat should be tender and can be mashed with the back of a fork. Pieces of meat should be no larger than 15 mms.
- No bread unless assessed by the Speech and Language therapist.



Cook

Serve with sauce

Breakfast

- *Porridge* – Served with milk or cream.
- *Soft cereal* e.g. weetabix – served with hot or cold milk.
- *Yoghurts*
- *Soft fruits* e.g. bananas, tinned pears and peaches.

Snacks

- *Crisps*: Quavers, Wotsits, Skips.
- *Skinned fruit*: Bananas, tinned fruit.
- *Crumpets*: with lots of butter.
- *Pancakes*

Savoury Food

Soups

Please ensure there are no bits in the soup – this increases risk of choking.

- All soup should be thick, no mixed consistencies e.g. minestrone.
- Try thicker soups such as potato, pumpkin or butternut squash.
- Condensed tinned soup, e.g. tomato.
- Ready-made fresh soup may be suitable.
- Meat, fish or vegetables within the soup must be prepared as below.

Meat and Poultry

- *How to cook*: Cook until tender and serve with a sauce. Minced meat and poultry can be cooked in gravy, sauce, a casserole or a stew.
- *Ideas*: Shepherd's pie, ravioli, lasagne, spaghetti bolognese.
- Cold meat spreads and pates
- Skins can be removed from sausages

Fish

Please ensure all bones are removed.

How to cook: Steam, bake, microwave, poach in milk.

- Serve with sauce, e.g. cheese, white or parsley sauce.
- Tinned fish, e.g. tuna, can be mixed with a sauce or mayonnaise.

Top tip: Condensed soups e.g. mushroom or tomato can create different flavours.

Eggs

How to cook: Scramble, poach, boil or use in omelettes.

Cheese

- Use cheese to add to dishes for extra flavour, e.g. add to a soup, sauces, mashed potato, mashed vegetables.
- Main meal idea: Cauliflower cheese or macaroni cheese.

Pasta and Rice

How to cook: Boil

Mix with sauce, e.g. macaroni cheese, ravioli, lasagne, pasta bolognese, risotto.

Top tip: Tinned pasta dishes can be a quick and easy meal.

Potatoes

How to cook: Boil, bake (remove skin after baking)

Mash potatoes with some cream, milk or cheese.

Main meal idea: Baked potato with soft filling e.g. Cheese, tuna or egg mayonnaise.

Top tip: Try sweet potatoes for a different flavour.

Bread

- Thinly sliced, soft bread with no crusts when served with a soft filling.
- Pitta, roti, wraps.

Vegetables

- Fresh, frozen or tinned vegetables. Avoid bitty vegetables, e.g. peas, sweetcorn (see *High Risk Foods list*)

How to cook: Boil or steam until soft.

Pulses

- Lentils can be added to stews and casseroles.

Puddings and Desserts

Hot milk puddings

- Homemade, tinned or packet varieties e.g. rice pudding, sago, semolina, custard and egg custard.
- No ice-cream or jelly if a person requires thickened fluids

Other puddings

- Sponge puddings or crumbles served with custard, cream or ice-cream
- Mousse, yoghurts, instant whipped puddings, trifle, jelly and ice-cream.

Top tip for chocoholics: Chocolate buttons, Maltesers, plain chocolate bars, jaffa cake