

August 2018

Dear Colleague,

ARE YOU IDDSI AWARE?

What is IDDSI?

International Dysphagia Diet Standardisation Initiative

The **International Dysphagia Diet Standardisation Initiative (IDDSI)** is a global standard with terminology and definitions to describe **texture modified foods and thickened fluids** used for individuals with dysphagia of all ages, in all care settings, and for all cultures. The IDDSI framework consists of a continuum of **8 levels (0-7)**. Levels are identified by text labels, numbers, and colour codes to improve safety and identification. The standardised descriptors and testing methods will allow for consistent production and easy testing of thickened liquids and texture modified foods.



What does this mean for you?

- The speech and language therapists, dietitians and other health professionals across the UK are in the process of rolling out the IDDSI framework to describe food and drink recommendations for people with swallowing problems. Roll-out is to be completed by April 2019.
- From April 2018 all clients who are assessed by a speech and language therapist in both the hospital and community settings including care homes, will have recommendations in line with the IDDSI framework.
- **All your staff** will need to be familiar with and understand the framework including your chefs and cooks.
- **Clients on existing food and drink recommendations will not need to be reassessed.** Continue to follow current recommendations unless you have specific concerns. **You will be able to use the IDDSI framework enclosed to map them across.**

- The manufacturers of thickening products for drinks are also changing their products to be IDDSI compliant by April 2019. **You will see changes to the labels on the products and the scoops.** Companies who make modified diets, such as pureed meals are also changing their recipes and products to be IDDSI compliant by April 2019. Many of the manufacturers such as Nutricia who make Nutilis Clear are offering training on the IDDSI framework.
- **If you are using several thickeners** you will need to refer to the tin or contact the manufacturers directly for further advice. Information on the changes to Nutilis clear is included.

What do I do now?

Learn more about the IDDSI framework using the links below.

- <https://youtube/Zd6prmzm39k>

This is a really great 10 minute YouTube clip which gives a really clear overview of the IDDSI framework in the UK.

- www.iddsi.org.

This includes background information, training resources, frequently asked questions, posters and leaflets. You can sign up their newsletter.

- www.nutriciahcp.com/adult/Studies/Dysphagia_Learning_Module/

This is an e-learning package written by Nutricia that takes approximately 20-25minutes

Useful documents

- [http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf/](http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf)

Complete IDDSI framework & detailed definitions/descriptors

- [http://iddsi.org/Documents/IDDSIFramework-TestingMethods.pdf/](http://iddsi.org/Documents/IDDSIFramework-TestingMethods.pdf)

- <https://www.youtube.com/watch?v=BhfJWu1ybbs&index=1&list=PLa8-IAAnKo0KYX524EQbTM3thWS9G2SCC6>

Liquid testing methods & videos for testing drinks and food – particularly relevant for your catering staff

There is more information and ideas on implementation, making and testing food and drinks on the IDDSI YouTube channel and App.

- <https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/videos/>
- Search “IDDSI” on your App store.

You might like to consider having an IDDSI Champion to help with spreading the word on IDDSI in your setting. You could talk to colleagues in other homes about organising some joint training and shared learning.

Kind Regards

Adult Speech & Language Therapy Service, Local Partnerships, Nottinghamshire Healthcare Foundation Trust

Enclosed:

- Poster to display in your kitchens and care home, Are you IDDSI Ready?
- Dysphagia leaflet
- Thickening fluids
- Nutilis Clear changes
- Diet leaflets – Liquidised, Pureed, Minced & Moist, Soft & Bite Sized

The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/framework/>. Attribution is NOT PERMITTED for derivative works incorporating any alterations to the IDDSI Framework that extend beyond language translation. Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.

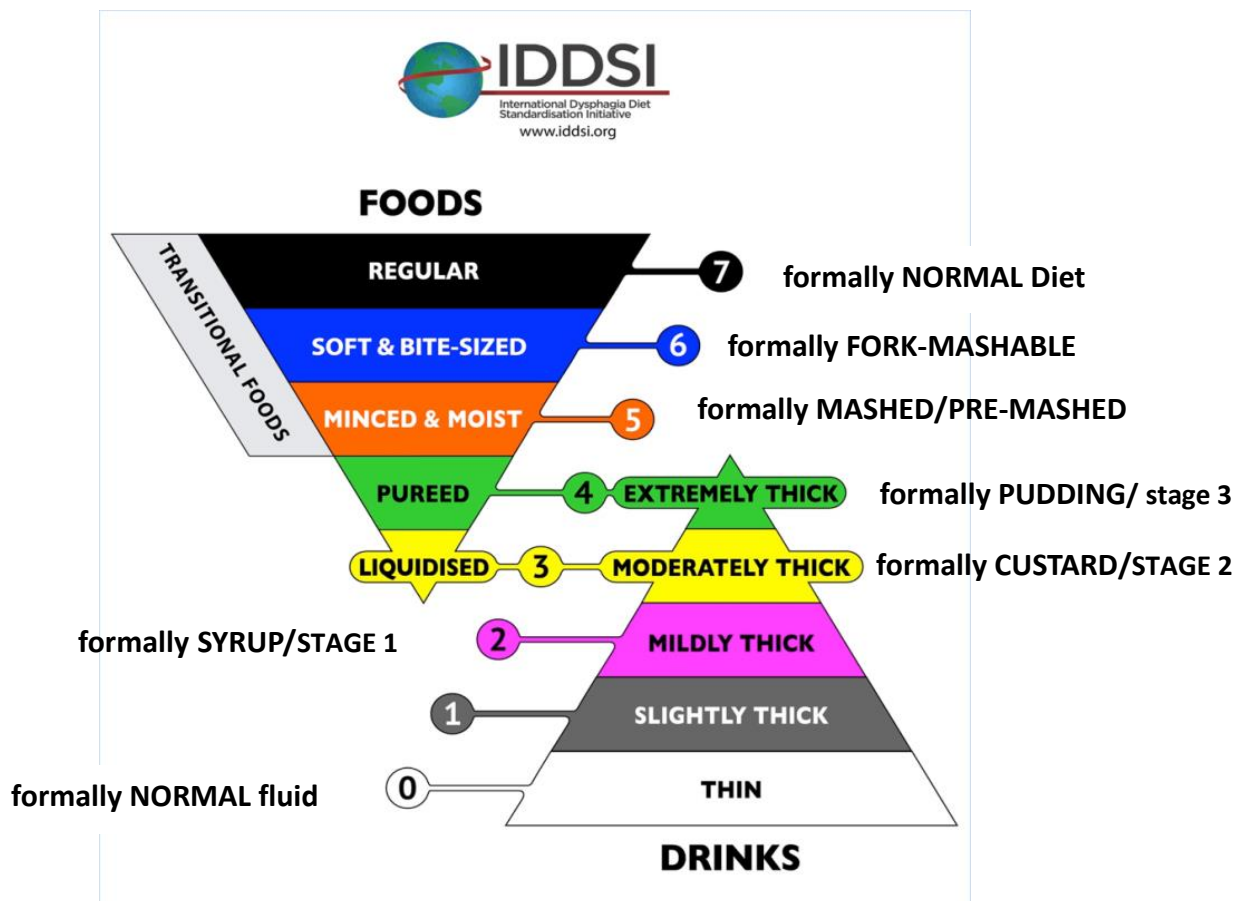
ARE YOU IDDSI READY?

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global standard to describe texture modified foods and thickened drinks for individuals with swallowing difficulties of all ages, in all care settings.

The IDDSI framework consists of a continuum of 8 levels (0-7). Levels are identified by labels, numbers and colour codes to improve safety and identification. The standardised descriptors allow for consistent production and testing of thickened drinks and texture modified foods.

We will be rolling out the IDDSI framework from April 2018. Look out for the IDDSI terminology on the products you use for thickening drinks and modified foods.

E.g. The ^{NUTRICIA} **Nutris** Clear scoop size and colour is changing from a **purple 3g** scoop to a **green 1.25g** scoop to be IDDSI compliant.



More information is available on the IDDSI website

www.iddsi.org

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Dysphagia

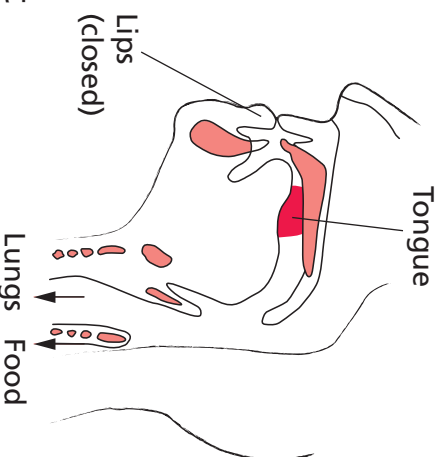
Adult Speech and Language Therapy Department
County Health Partnerships

What is Dysphagia?

- Dysphagia means a difficulty swallowing
- Many people have Dysphagia, which can be caused by **neurological damage** following stroke, head injury, brain tumour, motor neurone disease, multiple sclerosis, dementia
- It may be caused by **structural damage** following oral cancer, throat cancer, tracheostomy
- Dysphagia is a complex condition. It can vary in severity
- Instrumental and radiological techniques (VFVPG+FEES) may be used to assess swallowing function
- For people with severe swallowing difficulties, there are alternatives to eating and drinking orally e.g. nasogastric tube. This can be discussed with your doctor and dietician

The Dysphagia Team

- Nursing staff, doctors and speech and language therapists are often the first people to identify swallowing difficulties
- The specialist speech & language therapist will provide a full assessment



Problems to look out for when eating and drinking

- Difficulties with chewing and keeping food or drink in your mouth
- Sensation of food going down the wrong way, or something 'sticking', pain or discomfort
- Coughing during or after food or drinks
- Voice may sound wet/gurgly after drinking
- Feeling short of breath, during/after food or drinks
- Feeling 'chesty', during/after food or drinks

Some guidelines to make swallowing easier

- Discuss the best sitting position with your speech & language therapist
- Allow plenty of time and try to relax
- Take small mouthfuls of food and drink
- Always chew food thoroughly
- Avoid mixing food and drink in the same mouthful
- Colder drinks may be easier than hot
- Thicker drinks may be easier than thin
- Do not use spouts or straws when drinking, unless advised to by a speech & language therapist
- Take advice from speech & language therapy regarding compensation techniques for swallowing rehabilitation

After mealtimes

- Do not lie down for 30 minutes after your meal
- Check there is no food left in your mouth

Other Useful Things to Know

- If swallowing tablets is difficult, some can be obtained in different forms e.g. syrup. Contact the pharmacist for details
- Equipment is available to make eating and drinking easier; e.g. specially designed cutlery, cups, plates and non-slip mats. Contact your occupational therapist for details
- If dentures are loose, swallowing may be more difficult. Contact your dentist who may be able to alter them to fit more comfortably

Speech & Language Therapy Department

Nottingham:
0115 9709221 (direct line)

or

Mansfield/Newark:
01623 622515 ext 3320

You have been referred to:



SIGNS TO LOOK OUT FOR:

- Coughing or choking on food or drink.
- A gurgly or bubbly voice after eating and drinking.
- Feeling or sounding “chesty”.
- Shortness of breath during or after eating or drinking.

If you are having any of these problems, please contact your GP and Speech and Language Therapist immediately.

For more information regarding the International Dysphagia Diet Standardisation Initiative (IDDSI) and the flow test, please refer to <http://iddsi.org/>

Speech and Language Therapy Departments:

Stapleford Care Centre (0115) 8760117

Queens Medical Centre (0115) 9709221

Kings Mill Hospital & Newark (01623) 622515 ext 3320

Mansfield Community Hospital (01623) 785166

Key points to remember:

Positive
about integrated healthcare

Nottinghamshire Healthcare

NHS Foundation Trust



Name: _____

Date: _____

Speech and Language Therapist:

THICKENING DRINKS

1 SLIGHTLY THICK

Thicker than water. Requires a little more effort to drink than thin liquids. Flows through a straw.

2 MILDLY THICK

Flows off a spoon. Sippable, pours quickly from a spoon, but slower than thin drinks. Effort is required to drink this thickness through a standard straw.

3 MODERATELY THICK

Can be drunk from a cup. Some effort is required to suck through a standard or wide straw.

4 EXTREMELY THICK

Cannot be drunk from a cup. Cannot be sucked through a straw. Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate.

[WHY THICKEN DRINKS?](#)

Some people with swallowing difficulties may find it easier and safer to have their drinks thickened. Thicker drinks move more slowly and are therefore easier to control in the mouth and throat. If you have a swallowing problem, thin drinks may go down the wrong way and could cause a chest infection.

[WHAT IS THICKENER?](#)

Thickener is a powder which can be added to all fluids, including soups, sauces, liquidised food, alcohol and fluids poured over cereal. It does not add any nutritional value.

[HOW WILL I GET THICKENER?](#)

Your thickener will be prescribed by your GP.

[HOW MUCH THICKENER DO I NEED?](#)

People need their drinks thickened to different consistencies in order to be safe. We call these consistencies 'slightly thick', 'mildly thick', 'moderately thick' and 'extremely thick'. Each tin comes with its own scoop and guidelines for how much to add to achieve these consistencies. You can check your drink meets the standardised recommendations by using the IDDSI Flow Test, see the link detailed on the back of this leaflet.

[HOW DO I USE THICKENER?](#)

- 1) Put the specified amount of thickener into the drink.
- 2) Immediately and gently stir the mixture with a spoon, fork or whisk until all the powder has dissolved.
- 3) Leave to stand for up to 5 minutes to thicken and stir again.
- 4) Check the consistency is correct and that there are no lumps. If the correct consistency is not achieved you must start again.

[TIPS FOR THICKENING:](#)

- Some people find thickened tea and water less enjoyable than other stronger flavoured drinks such as squash and hot chocolate.
- Always add the milk and sugar to hot drinks first. Allow the drink to cool slightly before adding the thickener.
- For best results stir fizzy drinks until the drink has gone flat, before adding the thickener.
- Milk based drinks often take longer to thicken.
- Some drinks are naturally thicker e.g. milkshakes, yoghurt drinks, smoothies, tomato juice and so might not need much thickener.
- It is advised that you do not thicken nutritional supplements. Please speak with your GP or Dietitian as pre-thickened supplements are available.

NUTRICIA
Nutlis Clear Thickener



NEW SCOOP AND MIXING INSTRUCTIONS

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework for describing texture modified food and drink is being adopted across Nottingham and Nottinghamshire from April 2018.

In order to align with this change, the scoops in the tins of Nutlis Clear will be changing from a **purple 3g** scoop to a **green 1.25g** scoop and the directions for use on the label of Nutlis Clear will be different. These new tins will be easily identifiable due to a red information sticker on the tin lid.

Previous Directions for use:

New Directions for use:

UK National Descriptors		IDDSI Framework	
Previous Stages per 200ml	Old purple scoop No. of scoops 	→ New Levels per 200ml	New GREEN scoop No. of scoops 
N/A	N/A	→ Slightly thick	1 (1.25g)
Syrup (Stage 1)	1 (3g)	→ Mildly thick	2 (2.5g)
Custard (Stage 2)	1.5 (4.5g)	→ Moderately thick	3 (3.75g)
Pudding (Stage 3)	3 (9g)	→ Extremely thick	7 (8.75g)

This change affects the number of scoops required to thicken drinks. As a result the thickness of drinks will be different. If in doubt, check the tin instructions. If you still need help or support seek advice from speech and language therapists, dietitians, pharmacists or your nurse.

For any general queries on this change, please contact the Nutricia Resource Centre:
UK - 01225 751098 or resourcecentre@nutricia.com

A white ceramic bowl filled with macaroni and cheese is the central focus of the image. The pasta is a short, tubular shape, and the cheese sauce is a vibrant yellow. The bowl sits on a light blue and white patterned cloth. A large blue circle with a white border is overlaid on the bowl, containing the text 'Soft and Bite Sized' in white, bold, sans-serif font.

Soft and Bite Sized

The information in this booklet is for:

This booklet has been given by:

Contact number:

Date:

It has been recommended that you have a Soft & Bite Sized diet to make it easier and safer to eat.

You can still eat and drink many of the foods and fluids you enjoy, although the consistency may need to be altered.

The speech and language therapist may have advised you to alter the consistency of your food and drink. It is important that you follow this advice in order to remain fit and well. Following the advice will help to reduce the distress of coughing at mealtimes and the risk of developing chest infections.

The speech and language therapist will also advise you on the best way to eat and drink, for example when sat upright and when most alert.

The dietitian can advise on ways to ensure your soft & bite sized diet is well balanced and nutritious.

Please read this leaflet in conjunction with your personalised recommendations.



IDDSI 6 [previously known cat E, as mashable, soft chopped]

What is a Soft & Bite Sized diet?

Soft & bite sized food that is ordinary food that...

- Can be eaten with a fork, spoon or chopsticks.
- Can be mashed/ broken down with pressure from fork, spoon or chopsticks.
- A knife is not needed to cut this food, but may be used to help load a fork or spoon.
- Needs chewing before swallowing.
- Soft, tender and moist throughout but with no separate thin liquid i.e. no runny sauce containing lumps or bits, e.g. minestrone soup, muesli, Rice Krispies®, cornflakes® etc
- Presented in 'bite sized' pieces as appropriate for size and chewing ability i.e. no bigger than 0.8cm for children and 1.5cm for adults or the size of your thumb nail



How will I know that I have the right texture?

Fork & spoon pressure:

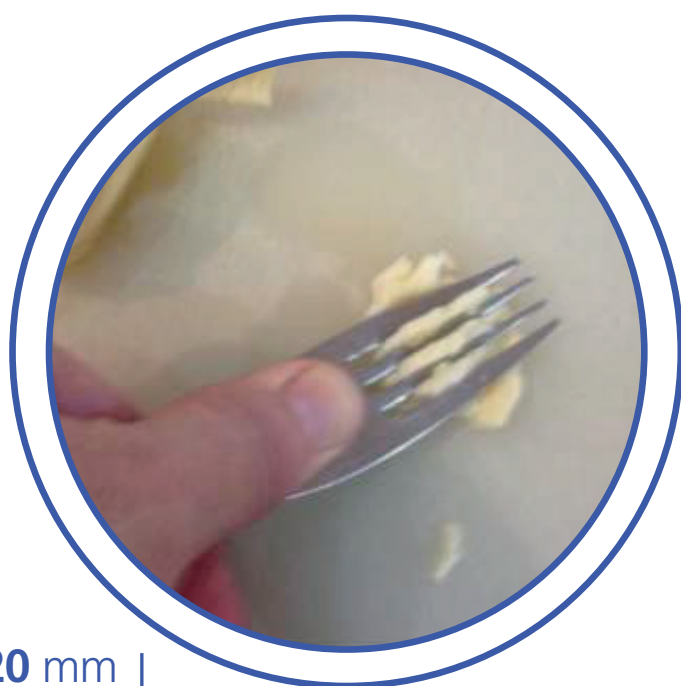
Pressure from a fork or spoon held on its side can be used to 'cut' or break this texture into smaller pieces. When a piece of food the size of a thumb nail (1.5x1.5 cm) is pressed [with the base of a fork or bowl of a spoon] using enough pressure to make the thumb nail blanch white, the piece of food squashes and changes shape, and does not return to its original shape when the fork or spoon is removed. Please note, this is not how it should be presented, it's a test of softness.

Chopsticks

Chopsticks can be used to break this texture into smaller pieces

Fingers

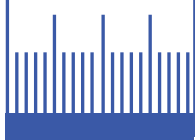
It is possible to hold a piece of soft food the size of the thumb nail (1.5 cm x 1.5 cm). It is possible to squash it using finger pressure such that the thumb and index finger nails blanch to white. The piece of soft food will not return to its initial shape once pressure is released.



Pressure causing the thumb nail to blanch white & squash the food.

The food will not return to its original shape when the fork is removed.

20 mm



How do I make the food I like into a Soft & Bite Sized consistency?

There are many “ordinary” foods that are already the correct consistency whilst others will need adapting. Think about the food you would usually eat and use the guidance in this booklet to help you to achieve the correct texture where necessary.

What equipment will I need?

Many foods can be softened with sufficient cooking and cut to bite size pieces with a knife or fork. However some foods may need to be mashed. A potato masher may be useful and an electric hand blender. **Remember that not all foods will need mashing or blending and you don't need to blend until the food is smooth.**



How do I prepare a Soft & Bite sized?

Please be aware that these are guidelines only. How you cook the food i.e. temperature and duration, can significantly change the consistency and texture of the finished item.

Meat & meat substitute

Tenderised & cooked meat pieces should be no bigger than 1.5 x 1.5cm [no gristle or skin]. If the soft and tender texture cannot be achieved at 1.5 x 1.5cm pieces then cook and serve 'minced & moist' [2mm – 4mm] pieces with a thick, non-pouring gravy or sauce.

Examples of liquids that can be used to cook / tenderise the meat and fish are gravy, stock, homemade or readymade sauces. The liquid can be thickened with flour, corn flour or prescribed thickeners before serving.

Fish

Poach or steam fish until it is soft enough to break into small pieces with a fork, spoon or chopsticks [remember to remove all the bones].

Casserole / stew / curry dishes

Can contain meat, fish or vegetables if final cooked pieces are no larger than 1.5 cm x 1.5 cm and are soft and tender. There should be no hard lumps & the liquid portion must be thick.

Eggs

softly scrambled egg, egg custard, boiled eggs that have been well mashed with mayonnaise or other thick sauce, lightly cooked omelette.

Fruit

Fresh or cooked fruit can be included, however cooked fruits may be easier to prepare safely. Remove the skins, mince / mash the fruit and drain any excess fluid before eating. Be cautious with fruit with small seeds or pips.

Vegetables and potato

Remove the skins and steam or boil vegetables until they are soft. The final cooked size should not be larger than 1.5 cm x 1.5cm. Root vegetables such as carrots, swede, parsnip, turnip soften well as do brussel sprouts, broccoli & cauliflower florets.

Lentils and beans

Tinned beans in sauce, such as baked beans, are soft. However, you must take care with the skins & avoid if advised by your speech and language therapist. If you prefer to use dried beans and lentils they must be well cooked. Some can remain quite hard even when cooked and may need to be blended.

Breakfast cereal

The texture must be fully softened and may contain soft, bite size lumps. Any excess milk or fluid must be drained before serving.

Bread

Plain white or wholemeal bread can be eaten if broken into 1.5cm pieces and softened /

soaked in soups or sauces.

Crusts must be removed.

Bread should not be eaten in any other way unless your speech and language therapist has assessed and advised that this food is safe for you to include.

Rice

Pudding rice, risotto and sticky rice that has been cooked until it is very soft and served in a thick sauce that binds the rice together is suitable but other types of rice will be too difficult to manage and should be avoided.

Pasta

Use tinned or very well cooked white pasta [shapes or spaghetti] which has been chopped into bite size pieces no bigger than 1.5cm x 1.5cm and serve in a thick sauce, binding the pasta together.

Adding extra flavour & appetising presentation

To flavour savoury dishes:- Smooth bottled sauces (for example, tomato ketchup, brown sauce, barbeque sauce), smooth mustard, mayonnaise, salad cream or smooth dips, herbs and spices, smooth tomato or garlic puree, lemon or lime juice, vinegar

To flavour sweet dishes:- Custard or chocolate sauce, maple syrup, treacle or honey, seedless jam, lemon curd, cream or crème fraiche, condensed or evaporated milk, smooth yoghurt or fromage frais

Presentation:- prepare and serve meats or fish and vegetables separately. Use different coloured vegetables e.g. carrot and broccoli

Are there any foods I should avoid?

Most foods can be softened, but there are exceptions.

- Raw, salad and stir fry vegetables
- Stringy, fibrous foods such as cooked celery, green beans, pineapple
- Hard or dry foods such as nuts, crisps, flaky pastry or crackers
- Foods with skins or pith that cannot be removed e.g. citrus fruit, garden peas, sweetcorn, grapes
- Foods with crusty or crispy toppings e.g. battered fish, chips
- Sticky or chewy foods e.g. marshmallows, soft jellies, dried fruit
- 'Juicy' food where the juice separates from the solid in the mouth e.g. watermelon

Can I freeze prepared foods?

Storing portions of food in the freezer can save work. Divide food into meal sized portions and store in clean plastic containers. E.g. freezer bags, lollipop moulds, as well as small plastic boxes.

- Prepared food should be cooled and then frozen immediately.
- Do not store frozen food for more than one month.
- Check consistency when defrosted.



Food safety

It is important to guard against the risk of food poisoning, especially if the food is being reheated after freezing

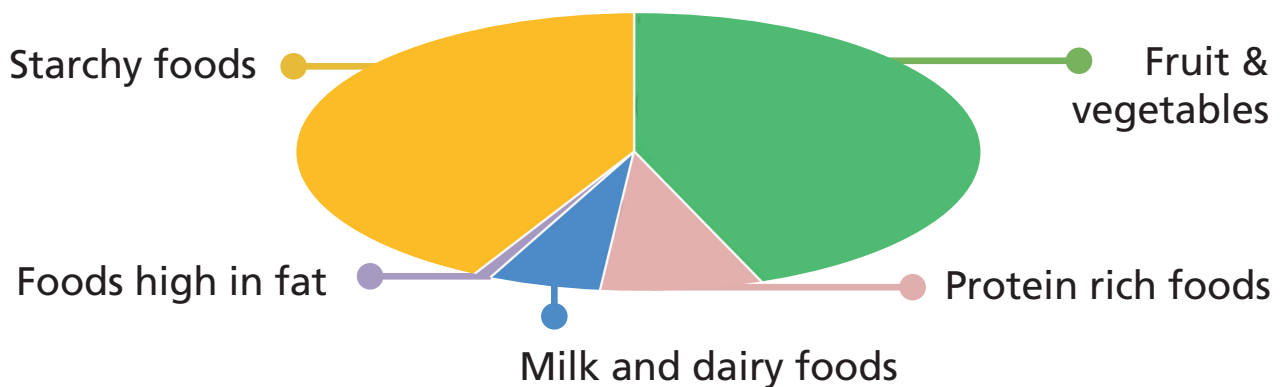
- Always ensure food is thoroughly heated
- Never refreeze foods
- Never reheat cooked food more than once
- Defrost meat, poultry and fish thoroughly before cooking
- Avoid raw eggs and foods containing raw egg
- Check 'Use by' dates

For more information see the Food Standards Agency website:

www.food.gov.uk

How can I make sure I get enough to eat?

You should aim to have a balanced diet to provide the protein, energy, vitamins and minerals that your body needs. Eating a variety of foods from all the main food groups (detailed below), following a regular meal pattern and including nourishing snacks & drinks between your meals if necessary will help you to meet your nutritional needs.



- **Starchy foods**

These should be included as part of every meal. Foods in this group include potatoes, plantain, yam, cassava, rice, pasta and breakfast cereals.

- **Fruit & vegetables**

These should be included at least 5 times a day. Fresh, frozen, tinned and juiced products all count.

- **Protein rich foods**

These should be included as part of two meals per day. Meat & meat substitute, fish, eggs, beans, lentils all count.

- **Milk and dairy foods**

These include milk and milk products such as yoghurt, and cheese. You should try to include 2-3 servings a day. One serving is 1/3 pint of milk, 1 individual pot of yoghurt, 30g (matchbox size) of cheese.

- **Foods high in fat**

Foods in this group should normally be eaten sparingly. Examples include spreading fats, cooking & dressing oils. Unsaturated products such as olive oils and spreads are healthier options than saturated products such as butter or ghee.

Adding extra nourishment to your food

Foods and drinks that are high in calories are not normally necessary as part of a healthy diet e.g. cream, creamy or oily dressings, ice cream, condensed or evaporated milk, honey, jam, table sugar. However if you are struggling to eat enough or losing weight these foods can help you meet your calorie needs. This is called 'fortifying your diet' or 'adding extra nourishment to your food'. Ideas of how you could do this are listed below.

Milk Powder

can be added to:

Milk, breakfast cereal, potato, soups & sauces, custard & milk puddings, milk drinks.

Grated or cream cheese

can be added to:

Potato, vegetables, soups & sauces, rice & pasta dishes

Butter, margarine, oils, mayonnaise, salad cream

can be added to:

Potato, vegetables, soups & sauces, rice and pasta dishes

Cream

can be added to:

Drinks, breakfast cereal, potato, egg dishes, soups & sauces, rice and pasta dishes, puddings, fruit

Sugar, seedless

jam, syrup, honey

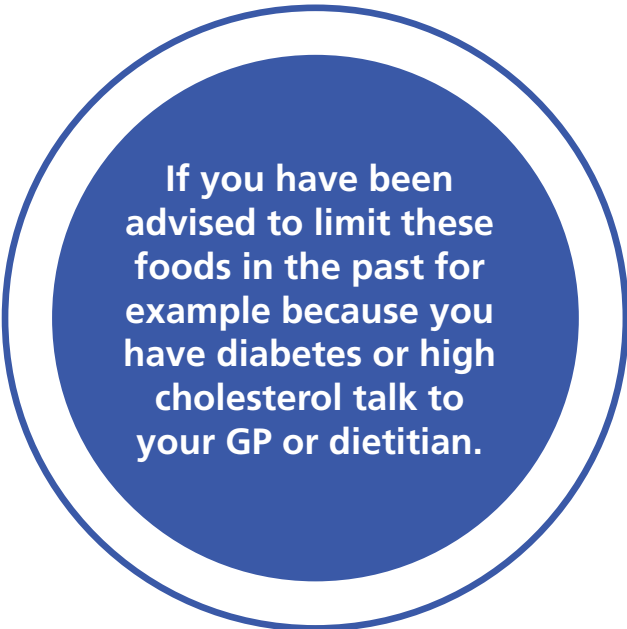
can be added to:

Drinks, breakfast cereal, puddings, fruit

Ice cream, custard, evaporated or condensed milk

can be added to:

Drinks, breakfast cereals, sponge cake, fruit, puddings.



If you have been advised to limit these foods in the past for example because you have diabetes or high cholesterol talk to your GP or dietitian.

Mealtime examples Soft & Bite Sized foods

The following mealtime examples must be softened unless they are already the correct consistency. Remember some meats or fish may need to be 'minced & moist' and sauces / liquids must be thick.

These examples can be adapted to your own taste and dietary needs.

If you have a diagnosed food allergy or intolerance please let your dietitian or speech and language therapist know.

Breakfast

Include some cereal

- Ready brek[®], weetabix[®] or Oatabix[®] mixed with milk
- Porridge or instant oat cereal e.g. oats so simple[®]

and include some fruit

- Banana or stewed pear with thick smooth yoghurt

and a cooked option (if desired)

- Scrambled egg
- Poached haddock, check for bones, with thick tomato sauce and potato cake.

Main meal suggestions

- Cottage pie (made with minced meat or meat substitute) with carrots & gravy or sauce
- Lentil based dishes such as dahl with rice & tinned tomato
- Corned beef hash with potato, broccoli florets and gravy or sauce

- Fish cake with sweet potato, avocado and sauce
- Turkey or chicken stew with potato & swede mash and cauliflower florets with gravy or sauce
- White fish in a parsley sauce with sweet potato, broccoli florets
- Curried chicken or fish with potato & seedless, tinned tomato

Lighter meal suggestions

- Smaller portions of any of the above meals
- Soups

Home made: put vegetables and potato or bread with stock or milk and seasonings (to taste) in the liquidiser and blend. Try to include some lentils or split peas or cooked meat or fish

Tinned: may need to be liquidised and thickened.

Tinned and packet soups do not provide much nourishment. This can be improved by adding Meritene® or Complan® powder, lentils or split peas or meat or poultry, cheese or milk powder or milk, cream

- Salmon with pasta and ripe avocado
- Baked potato (leave the skin) with butter and topping e.g. grated cheese, finely chopped chicken, tuna or egg mashed with mayonnaise or salad cream
- Scrambled egg with potato cake and tomato sauce

Desserts

- Yoghurt with soft fruit pieces
- Thick custard, mousse, instant whip, blancmange, fruit fool with soft fruit pieces, soufflé
- Fruit:
 - Ripe banana or mango
 - Peeled and de-stoned ripe summer fruit e.g. peaches, plums
 - Tinned peaches
 - Stewed fruit e.g. apple, pear
- Sponge (no dried fruit, nuts or peel) or swiss roll with custard or sauce
- Egg custard or crème caramel

- Milk jelly, smooth ice-cream, sorbet (*avoid these desserts if you have been advised to have thickened drinks*)

- Trifle, crumble and custard

Snacks:

You could have a small serving of the lighter meal, breakfast or dessert options as a snack. Other options include:

- Melt in the mouth crisps e.g. Quavers®, Wotsits® or Skips® or supermarket own brands
- Biscuits dunked in hot drinks (*avoid biscuits that contain dried fruit, nuts or seeds*)
- Moist cake (no dried fruit, nuts, seeds)

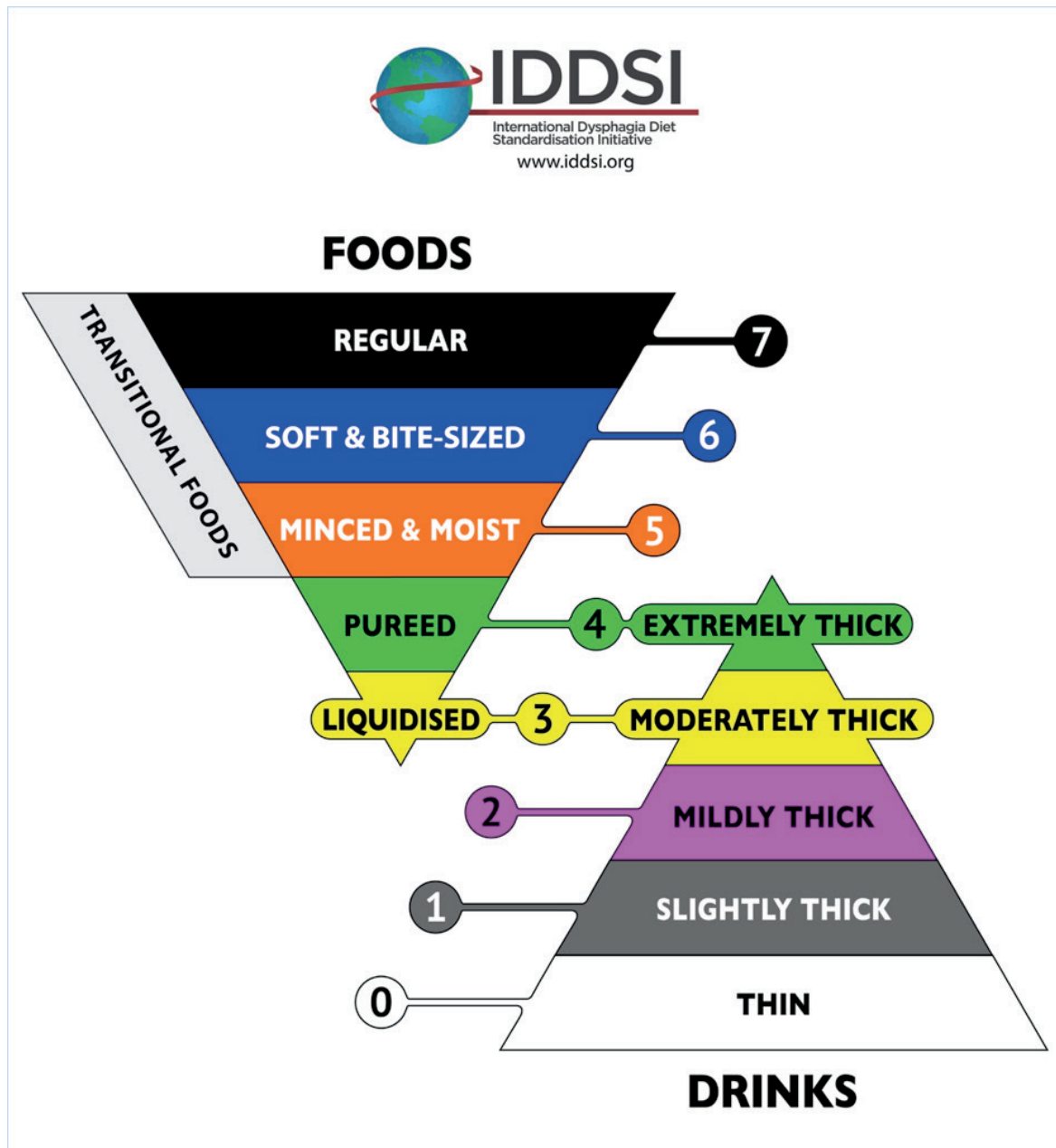
Additional sources of information, resources and support

There is a growing wealth of resources, information and support available, particularly online. We are unable to recommend or endorse specific resources, groups or information but would like to highlight what is available.

Any information should be considered in conjunction with this leaflet and your personalised recommendations. Be aware, there might be different terminology used for used for soft & bite sized such as fork-mashable, soft chopped or category E. Try and read reviews and forums to help you decide what might be useful for you.

- Recipe books
- Online cooking tutorials e.g. YouTube
- Information websites e.g. dysphagia tool kit, dysphagia café
- Social media e.g. Facebook, Twitter
- Commercially prepared modified meal delivery services e.g.
 - o Local 'meals on wheels' services
 - o Wiltshire Farm Foods
 - o Oak House Foods
 - o Apetito
 - o Kealth

International Dysphagia Descriptors



For more information about the International Dysphagia Descriptors see:

- <http://iddsi.org/>
- http://iddsi.org/wp-content/uploads/2016/03/160103_Foods-Detailed-Descriptions.pdf

Key points to remember

Signature:	Date:

Photo on page 3 supplied by Apetito



Written in partnership



Minced & Moist Diet

The information in this booklet is for:

This booklet has been given by:

Contact number:

Date:

It has been recommended that you have a Minced & Moist diet to make it easier and safer to eat.

You can still eat and drink many of the foods and fluids you enjoy, although the consistency may need to be altered.

The speech and language therapist may have advised you to alter the consistency of your food and drink. It is important that you follow this advice in order to remain fit and well. Following the advice will help to reduce the distress of coughing at mealtimes and the risk of developing chest infections.

The speech and language therapist will also advise you on the best way to eat and drink, for example when upright and when most alert.

The dietitian can advise on ways to ensure your Minced & Moist diet is well balanced and nutritious.

Please read this leaflet in conjunction with your personalised recommendation.



IDDSI 5 previously cat D, known as fork mashed, pre-mashed

What is a Minced & Moist diet?

It is “ordinary” food that is soft, moist and tender, and:

- Can be eaten with a fork, spoon or chopsticks.
- Can be scooped and shaped on a plate.
- Is soft and moist with no separated thin liquid i.e. It is not a runny sauce containing lumps or bits for example minestrone soup, Rice Krispies® & Cornflakes® with milk.
- Has small lumps visible within the food (children 2-4 mm & adult 4mm) and lumps are easy to squash / mash with a fork, spoon or the tongue.
- Does not require biting and requires very little chewing i.e. It is not hard, tough, chewy, fibrous, stringy, dry or crispy; it has no hard skin, bone or gristle.



How will I know that I have the right texture?

Fork pressure

When pressed with a fork the food particles should easily separate between & come through the prongs. Very little pressure should be needed to do this i.e. pressure should **not** make the thumb nail blanch to white.

Fork drip

A scooped sample should sit in a pile or mound on the fork and does not easily or completely flow or fall through the prongs.



Spoon tilt

It holds together and keeps its shape on the spoon. A full spoonful will slide/pour off the spoon if the spoon is tilted or turned sideways or shaken lightly. It should slide off easily with very little food left on the spoon i.e. Not sticky.

Chopsticks

Can be used to scoop or hold the food if the sample is moist and holds together.

Fingers

It is possible to easily hold a sample of minced & moist food using fingers. The small, soft, smooth, particles can be easily squashed between fingers. It will feel moist and leave fingers wet.



How do I make the food I like into a Minced & Moist consistency?

There are many 'ordinary' foods that are already the correct consistency whilst others will need adapting. Think about the food you would usually eat and use the guidance in this booklet to help you to achieve the correct texture where necessary.

What equipment will I need?

Many foods will mince / mash down with a fork. A potato masher may be useful and an electric hand blender. **Remember that not all foods will need blending and you don't need to blend until the food is smooth.**



How do I prepare a Minced & Moist diet?

Please be aware that these are guidelines only. How you cook the food i.e. temperature and duration, can significantly change the consistency and texture of the finished item.

Meat & meat substitute

Tenderised & finely minced or chopped [2mm-4mm pieces]. Serve in very thick, smooth, non-pouring sauce or gravy.

Fish

Poach or steam and finely mince (remember to remove all the bones). Serve in very thick, smooth, non-pouring sauce.

Examples of liquids that can be used to cook / tenderise the meat and fish are gravy, stock, homemade or readymade sauces. The liquid can be thickened with flour, corn flour or prescribed thickeners before serving.

Eggs

Softly scrambled, egg custard, well mashed boiled eggs with mayonnaise.

Fruit

Fresh or cooked fruit can be included, however cooked fruits may be easier to prepare safely. Remove the skins, mince / mash the fruit and drain any excess fluid before eating. Be cautious with fruit with small seeds or pips.

Vegetables

Remove the skins and steam or boil until they are soft. Serve minced / mashed. Root vegetables are the easiest to mince / mash e.g. Carrots, swede, parsnips, turnips and potatoes. Brussels sprouts, broccoli and cauliflower florets also mince / mash well.

Lentils and beans

Tinned beans in sauce, such as baked beans, mince / mash well. However, you must take care with the skins and avoid if advised by your speech and language therapist. If you use dried beans and lentils they must be well cooked. Some can remain quite hard even when cooked and may need blending.

Breakfast Cereal

These should be very thick and smooth. They can contain small (2mm-4mm) soft lumps. The food should be fully softened and any milk / fluid must not separate away from the cereal. Excess fluid should be drained before serving.

Bread

Plain white or wholemeal bread can be eaten if broken into 2mm-4mm pieces and softened / soaked in soups or sauces.

Bread should not be eaten in any other way unless your speech and language therapist has assessed and advised that this food is safe for you to include.

Rice

Pudding rice, risotto and sticky rice that has been cooked until it is very soft and served in a thick sauce that binds the rice together is suitable but other types of rice will be too difficult to manage and should be avoided.

Pasta

Use tinned or very well cooked white pasta (shapes or spaghetti) which has been minced / mashed and served in a thick sauce to bind the pasta together.

Adding extra flavour and appetising presentation

To flavour savoury dishes

Smooth bottled sauces (for example, tomato ketchup, brown sauce, barbeque sauce), smooth mustard, mayonnaise, salad cream or smooth dips, herbs and spices, smooth tomato or garlic puree, lemon or lime juice, vinegar.

To flavour sweet dishes

Custard or chocolate sauce, maple syrup, treacle or honey, seedless jam, lemon curd, cream or crème fraiche, condensed or evaporated milk, smooth yoghurt or fromage frais.

Presentation

Prepare and serve meats or fish and vegetables separately. Use different coloured vegetables e.g. Carrot and broccoli.

Are there any foods I should avoid?

Most foods can be minced, but there are exceptions. The following do not usually mince well.

- Raw, salad and stir fry vegetables.
- Stringy, fibrous foods such as cooked celery, green beans, pineapple.
- Hard, dry foods such as nuts, crisps, flaky pastry, crackers.
- Foods with skins or pith that cannot easily be removed e.g. citrus fruit, garden peas, sweetcorn, grapes.
- Foods with crusty or crispy toppings e.g. battered or breaded fish, chips.
- Sticky, chewy foods e.g. marshmallows, soft jellies, dried fruit.

Can I freeze prepared foods?

Storing portions of food in the freezer can save work. Divide food into meal sized portions and store in clean plastic containers e.g. freezer bags, ice lolly moulds, as well as small plastic boxes.

- Prepared food should be cooled and then frozen immediately.
- Do not store frozen food for more than one month.
- Check consistency when defrosted.



Food safety

It is important to guard against the risk of food poisoning, especially if the food is being reheated after freezing

- Always ensure food is thoroughly heated
- Never refreeze foods
- Never reheat cooked food more than once
- Defrost meat, poultry and fish thoroughly before cooking
- Avoid raw eggs and foods containing raw egg
- Check 'Use by' dates

For more information see the Food Standards Agency website:
www.food.gov.uk

How can I make sure I get enough to eat?

You should aim to have a balanced diet to provide the protein, energy, vitamins and minerals that your body needs. Eating a variety of foods from all the main food groups (see below), following a regular meal pattern and including nourishing snacks and drinks between your meals if necessary will help you to meet your nutritional needs.



- **Starchy foods**

These should be included as part of every meal. Foods in this group include potatoes, plantain, yam, cassava, rice, pasta and breakfast cereals.

- **Fruit & vegetables**

These should be included at least 5 times a day. Fresh, frozen, tinned and juiced products all count.

- **Protein rich foods**

These should be included as part of two meals per day. Meat & meat substitute, fish, eggs, beans, lentils all count.

- **Milk and dairy foods**

These include milk and milk products such as yoghurt, and cheese. You should try to include 2-3 servings a day. One serving is 1/3 pint of milk, 1 individual pot of yoghurt, 30g (matchbox size) of cheese.

- **Foods high in fat**

Foods in this group should normally be eaten sparingly. Examples include spreading fats, cooking & dressing oils. Unsaturated products such as olive oils and spreads are healthier options than saturated products such as butter or ghee.

Adding extra nourishment to your food

Foods and drinks that are high in calories are not normally necessary as part of a healthy diet e.g. cream, creamy or oily dressings, ice cream, condensed or evaporated milk, honey, jam, table sugar. However if you are struggling to eat enough or losing weight these foods can help you meet your calorie needs. This is called 'fortifying your diet' or 'adding extra nourishment to your food'. Ideas of how you could do this are listed below.

Milk Powder

can be added to:

milk, breakfast cereal, potato, soups & sauces, custard & milk puddings, milk drinks

Grated or cream cheese

can be added to:

potato, vegetables, soups & sauces, rice & pasta dishes

Butter, margarine, oils, mayonnaise, salad cream

can be added to:

potato, vegetables, soups & sauces, rice and pasta dishes

Cream

can be added to:

drinks, breakfast cereal, potato, egg dishes, soups & sauces, rice and pasta dishes, puddings, fruit

Sugar, seedless jam, syrup, honey

can be added to:

drinks, breakfast cereal, puddings, fruit

Ice cream, custard, evaporated or condensed milk

can be added to:

drinks, breakfast cereals, sponge cake, fruit, puddings



If you have been advised to limit these foods in the past for example because you have Diabetes or high cholesterol talk to your GP or dietitian

Mealtime examples

The following mealtime examples must be minced / mashed & liquids / sauces thickened unless they are already the correct consistency. Remember some meats or fish may need to be blended but this does not need to be to a smooth consistency.

The examples can be adapted to your own taste and dietary needs. **If you have a diagnosed food allergy or intolerance or other special dietary needs please let your dietitian or speech and language therapist know.**

Breakfast

Include some cereal

- Ready Brek®, Weetabix® or Oatibix® mixed with milk
- Instant oat cereal

and include some fruit

- Banana or stewed pear with yoghurt

and a cooked option (*if desired*)

- Scrambled egg
- Smoked haddock (check for bones) and croquet potato with thick tomato sauce e.g. Passata



Main meal suggestions

- Cottage pie (*made with minced meat or meat substitute*) with carrots and gravy or sauce
- Lentil based dishes such as dahl with rice & seedless tinned tomato
- Corned beef hash with potato, broccoli florets and gravy or sauce
- Crumb free fish cake with sweet potato, avocado and sauce
- Turkey or chicken with potato and swede mash and cauliflower florets with gravy or sauce
- White fish in a parsley sauce with sweet potato, broccoli florets
- Curried chicken or fish with rice and seedless, tinned tomato

Lighter meal suggestions

- Smaller portions of any of main above meals
- Soups
 - Home made:** put cooked vegetables and potato or bread with stock or milk and seasonings (*to taste*) in the liquidiser and blend. Try to include some lentils or split peas or cooked meat or fish
 - Tinned:** may need to be liquidised and thickened. Tinned and packet soups do not provide much nourishment. This can be improved by adding Meritene® or Complian® powder, lentils or split peas or meat or poultry, cheese or milk powder or milk and cream
- Salmon or mackerel mouse with pasta and ripe avocado
- Baked potato (*leave the skin*) with butter and topping e.g. grated cheese, baked beans, finely chopped chicken, tuna or egg mashed with mayonnaise or salad cream
- Scrambled egg with croquet potatoes & tomato sauce
- Cheese quiche (*filling only*) with pasta in a thick, smooth, mushroom sauce and broccoli florets

Desserts

- Semolina, sago or rice pudding
- Yoghurt or fromage frais
- Thick custard, mousse, instant whip, blancmange, fruit fool, soufflé
- Fruit:
 - Ripe banana
 - Stewed fruit e.g. apple, pear, mango
- Sponge (*no dried fruit, nuts or peel*) or swiss roll with custard or sauce
- Egg custard or crème caramel
- Milk jelly, smooth ice-cream, sorbet (*avoid these desserts if you have been advised to have thickened drinks*)

Snacks:

You could have a small serving of the lighter meal, breakfast or dessert options as a snack. Other options include:

- Melt in the mouth crisps e.g. Quavers®, Wotsits® or Skips® or supermarket own brands
- Biscuits dunked in hot drinks (*avoid biscuits that contain dried fruit, nuts or seeds*)

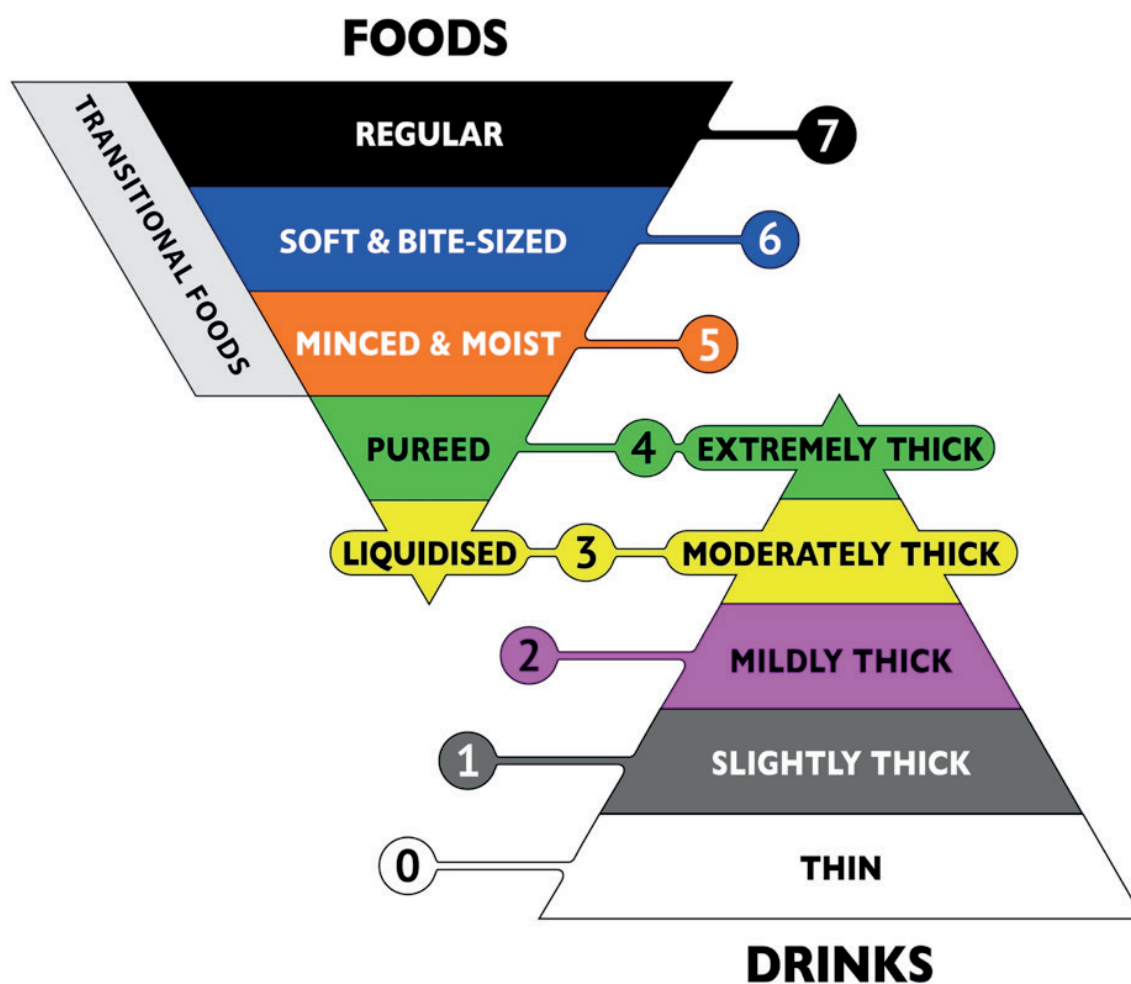
Additional sources of information, resources and support

There is a growing wealth of resources, information and support available, particularly online. We are unable to recommend or endorse specific resources, groups or information but would like to highlight what is available.

Any information should be considered in conjunction with this leaflet and your personalised recommendations. Be aware, there might be different terminology used for used for minced and moist diet such as pre- mashable, soft chopped or category D. Try and read reviews and forums to help you decide what might be useful for you.

- Recipe books
- Online cooking tutorials e.g. Youtube
- Information websites e.g. Dysphagia Tool Kit, Dysphagia Café
- Social media e.g. Facebook, Twitter
- Commercially prepared modified meal delivery services e.g.
 - Local 'meals on wheels' services
 - Wiltshire Farm Foods
 - Oak House Foods
 - Apetito
 - Kealth

International Dysphagia Descriptors



For more information about the International Dysphagia Descriptors see:

- <http://iddsi.org/>
- http://iddsi.org/wp-content/uploads/2016/03/160103_Foods-Detailed-Descriptions.pdf

Key points to remember

Signature:	Date:

Photo on page 4 supplied by Apetito



Written in partnership



The title 'Pureed Diet' is centered within a large, bright green circle. The text is in a white, bold, sans-serif font. The background of the entire page is a photograph of a plate of pureed food, including a piece of salmon, a piece of yellow puree, and some green puree, with a fork and knife to the left and a glass of water in the top left.

The information in this booklet is for:

This booklet has been given by:

Contact number:

Date:

It has been recommended that you have a Pureed diet to make it easier and safer to eat.

You can still eat and drink many of the foods and fluids you enjoy, although the consistency may need to be altered.

The speech and language therapist may have advised you to alter the consistency of your food and drink. It is important that you follow this advice in order to remain fit and well. Following the advice will help to reduce the distress of coughing at mealtimes and the risk of developing chest infections.

The speech and language therapist will also advise you on the best way to eat and drink, for example when sat upright and when most alert.

The dietitian would advise on ways to ensure your pureed diet is well balanced and nutritious.

Please read this leaflet in conjunction with your personalised recommendations.

The diet consistency you have been recommended is **Pureed**

The fluid consistency you have been recommended is

.....

IDDSI 4 (previously Cat C, known as thick puree, soft smooth)

What is a Pureed diet?

- Food that has been pureed and has a smooth uniform consistency.
- Usually eaten with a spoon (a fork is possible).
- Cannot be drunk from a cup.
- Cannot be sucked through a straw.
- Does not require chewing.
- Can be piped, layered or moulded.
- Shows some very slow movement under gravity but cannot be poured.
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate.
- No lumps.
- Not sticky.
- Liquid must not separate from solid.
- It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, particles of gristle/bone etc).
- No ice cream, sorbet or jelly unless advised as suitable by a Speech and Language Therapist on an individual basis.



How will I know that I have the right texture?

Fork pressure test

The prongs of a fork can make a clear pattern on the surface, and/or the food retains the indentation from the fork.

No lumps

Fork drip test

The food sits in a mound/pile above the fork; a small amount may flow through and form a tail below the fork prongs, but it does not flow or drip continuously through the prongs of a fork.

Spoon tilt test

Cohesive enough to hold its shape on the spoon.

A full spoonful must fall off the spoon if the spoon is tilted or turned sideways; a very gentle flick may be necessary to dislodge the sample from the spoon, but the sample should slide off easily with very little food left on the spoon; i.e. the sample should not be firm and sticky.

May spread out slightly or slump very slowly on a flat plate.

Finger test

It is just possible to hold a sample of this texture using fingers. The texture slides smoothly and easily between the fingers and leaves noticeable residue.

Indicators that a sample is too thick –

- Does not fall off the spoon when tilted.



How do I make the food I like into a pureed consistency?

Pureed food is “ordinary” food which has been made into a smooth consistency using a liquidiser, food processor, sieve or mouli. You can adapt your usual menu to create pureed food. There are some “ordinary” foods that are already the correct consistency for a pureed diet.

What equipment will I need?

A liquidiser or food processor is very helpful. Hand held liquidisers are useful. Care may be needed to remove all the lumps. A fine mesh metal sieve and large spoon can be used too.



How do I prepare a Pureed diet?

Please be aware that these are guidelines only. How you cook the food i.e. temperature and duration, can significantly change the consistency and texture of the finished item.

Moist foods are easier to puree. Some foods need fluid adding to achieve the right consistency. Rather than water, choose tasty & nourishing fluids e.g.

- stock, gravy, wine
- readymade “cook in” sauce or soups
- yoghurt, plain or flavoured milk, custard, ice-cream

Meat & meat substitute

Cook meats for a long time on a low heat until tender (stew, casserole, braise) and piping hot. Remove any skin, bones and gristle from cooked meat before liquidising.

Fish

Poach or steam fresh or frozen fish until it is very tender. Remove the bones and skin before liquidising. Tinned fish can be liquidized but any bones and skin should be removed first.

Pulses [peas, beans & lentils]

Tinned or well-cooked pulses puree well but will need to be strained through a fine mesh metal sieve to ensure bits of skin and fibrous lumps are removed before serving.

Fruit and Vegetables

Foods which have naturally high water content liquidise easily without the addition of extra fluids e.g. cooked vegetables and fruit. You should remove any skins and seeds before cooking and liquidising where possible. However, lumps or fibres may still remain and must be removed by straining through a fine mesh metal sieve.

Potato

Remove the skin and cook the potato until it is very soft before blending. Alternatively, you may find using instant mash potato products such as Smash® or supermarket own brand options may be easier.

Breakfast Cereal

Ready Brek® and Weetabix® or similar breakfast cereals are easier to blend and you can add different flavours for variety.

Rice

Cook until very soft and add plenty of fluid to achieve the correct consistency. White pudding, long grain, basmati and risotto rice can be used but must be cooked until they are very soft. You will need to add plenty of fluid to achieve the correct consistency.

Bread:

slices or pieces of bread should not be eaten but you could add bread to soups, avoid crusts or breads with grains or seeds and then liquidise it.

If the liquidised food is very thin and runny it will need thickening. You can use corn flour, mashed potato, gravy granules and custard powder or special thickening agents to do this. Your speech and language therapist can advise you on special thickening agents. These are prescribed by your GP.

With practice you will be able to recognise which foods puree most easily and what equipment works best for different foods.

Making your food as appetising as possible

Try to make food appetising. You can do this by making sure there are a range of colours, shapes and flavours.

- **Colour:** Liquidise meat and vegetables separately. Choose colourful vegetables.
- **Shape:** Use moulds, layers or piping to make the food more appealing.
- **Flavour:** Adding herbs and spices, lemon, lime juice or vinegar before liquidising can give additional flavour. You could also try smooth bottled sauces for example, tomato ketchup, brown sauce, barbeque sauce, smooth mustard, mayonnaise, salad cream or smooth dips, smooth tomato or garlic puree.

Are there foods that are difficult to blend?

All foods need to be liquidised with care but some foods are more difficult to liquidise. Follow these guidelines carefully:

- Beware of gristle in meat dishes, for example shepherd's pie, lasagne, or meat pie and bones in fish.
- Rice, pasta and pastry need a lot of added fluid to achieve a smooth consistency.
- Chicken, turkey and fish appear to liquidise well, but can be stringy.
- Take extra care with battered or bread crumbed coatings.

If in doubt sieve it out!!

If you are in any doubt about the consistency, pushing liquidised food through a metal sieve with a spoon will ensure that the food is completely smooth.

Making a pureed meal does take time and planning but with practice it should get easier.

Food you can't liquidise

Most foods are suitable for liquidising, but there are exceptions. The following do not liquidise well and may increase your risk of choking

- Crisps, nuts, crackers
- Muesli or similar hard grained cereals
- Raw or salad vegetables
- Sweetcorn
- Dried fruit
- Skins, pith or seeds from fresh or tinned fruits and vegetables e.g. oranges, raspberries, blackcurrants, pineapple
- Jam containing fruit pieces, pith, peel or seeds
- Boiled sweets, toffees and chunks of chocolate

Can I freeze prepared foods?

Storing portions of pureed food in the freezer can save work. Divide food into meal sized portions and store in clean plastic containers e.g. freezer bags, lollipop moulds, as well as small plastic boxes.

- Prepared food should be cooled and then frozen immediately.
- Do not store frozen food for more than one month.
- Check consistency when defrosted.

Food safety

It is important to guard against the risk of food poisoning, especially if the food is being reheated after freezing

- Always ensure food is thoroughly heated
- Never refreeze foods
- Never reheat cooked food more than once
- Defrost meat, poultry and fish thoroughly before cooking
- Avoid raw eggs and foods containing raw egg
- Check 'Use by' dates

*For more information see the Food Standards Agency website:
www.food.gov.uk*

How can I make sure I get enough to eat?

You should aim to have a balanced diet to provide the protein, energy, vitamins and minerals that your body needs. Eating a variety of foods from all the main food groups (see below), following a regular meal pattern and including nourishing snacks and drinks between your meals if necessary will help you to meet your nutritional needs. Avoid baby food as it is low in nutrients for adults.



- **Starchy foods**

These should be included as part of every meal. Foods in this group include potatoes, plantain, yam, cassava, rice, pasta and breakfast cereals.

- **Fruit & vegetables**

Include at least 5 a day. Fresh, frozen, tinned and juiced (will need thickening) products all count.

- **Protein rich foods**

Include as part of 2 meals per day. Meat & meat substitutes, fish, eggs, beans and pulses all count.

- **Milk and dairy foods**

Include 2-3 servings a day of milk and milk products e.g. yoghurt and cheese. One serving is 1/3 pint of milk, 30g (matchbox size) of cheese.

- **Foods high in fat**

These foods should normally be eating sparingly e.g. spreads, cooking and dressing oils. Unsaturated fats such as olive oil and spreads are healthier options than saturated such as butter or ghee.

Adding extra nourishment to your food

Foods and drinks that are high in calories are not normally necessary as part of a healthy diet e.g. cream, creamy or oily dressings, ice cream, condensed or evaporated milk, honey, jam, table sugar. However if you are struggling to eat enough or losing weight these foods can help you meet your calorie needs. This is called 'fortifying your diet' or 'adding extra nourishment to your food'. Ideas of how you could do this are listed below.

Milk Powder

can be added to:

Milk, breakfast cereal, potato, soups & sauces, custard & other milk puddings, milk drinks.

Grated or cream cheese

can be added to:

Potato and rice dishes, vegetables, soups & sauces.

Butter, margarine, oils, mayonnaise, salad cream

can be added to:

Potato and rice dishes, vegetables, soups & sauces.

Cream

can be added to:

Drinks, breakfast cereal, potato and rice dishes, egg dishes, soups & sauces, puddings and fruits.

Sugar, seedless

jam, syrup, honey

can be added to:

Drinks, breakfast cereal, puddings, fruits.

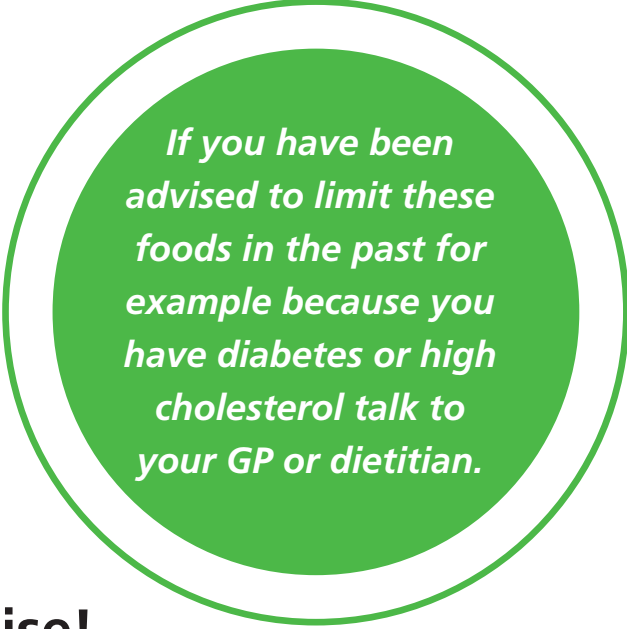
Ice cream, custard,

evaporated or

condensed milk

can be added to:

Drinks, breakfast cereals, sponge cake, fruit, puddings.



If you have been advised to limit these foods in the past for example because you have diabetes or high cholesterol talk to your GP or dietitian.

Don't forget to liquidise!

Mealtime examples for Pureed diet

The following mealtime examples must be liquidised unless they are already the correct consistency. Remember to present each food item separately to provide a variety of flavour and colour.

The examples can be adapted to your own taste and dietary needs.

If you have a diagnosed food allergy or intolerance or other special dietary needs please let your dietitian and speech and language therapist know.

Breakfast

Include some cereal

- Ready Brek® mixed with milk until smooth
- Weetabix® mixed with milk until smooth
- Oatibix® mixed with milk until smooth
- Porridge or instant oat cereal e.g. Oats So Simple®

and include some fruit

- Banana or pear with yoghurt
- Prunes with fromage frais

and a cooked option (if desired)

- Skinless sausages or smoked haddock with tinned tomato
- Ham and / or egg with tomato
- Egg and / or baked bean and tinned spaghetti

Main meal suggestions

- Roast pork with apple sauce, potato, carrot and broccoli
- Tandoori chicken, bombay potato and mushroom
- Lamb stew with potato, minted peas and carrots
- Minced beef (or substitute) with sweet potato, spinach and tomato
- Fish in parsley sauce, with sweet potato, spinach and carrot
- Corned beef hash with tomato and peas
- Jerk chicken with rice and peas
- Lentil based dishes such as dahl with rice
- Sausage meat in gravy or sauce with potato, peas and tomato
- Fish cake in tomato sauce and creamy leeks

Lighter meal suggestions

- Smaller portions of any of the above meals
- Soups
 - **Home made:** put cooked vegetables and potato with stock or milk and seasonings [to taste] in the liquidiser and blend until smooth. Try to include some pulses (such as lentils or split peas) or cooked meat or fish
 - **Tinned:** may need to be liquidised and thickened. Tinned soups are poor sources of nourishment. This can be improved by adding Meritene® or Complian® powder, lentils or split peas or meat or poultry, grated cheese or milk powder, milk, cream
- Cauliflower cheese with ham and sweet potato
- Baked beans with cheesy potato
- Potato salad with egg or tuna mayonnaise and spinach
- Cheese omelette with mushroom
- Cheese soufflé with sweet potato and broccoli
- Salmon mousse with rice and spinach

Desserts

- Semolina or sago
- Smooth yoghurt or fromage frais
- Thick custard
- Mousse, instant whip, blancmange, fruit fool, soufflé
- Rice pudding or tapioca with soft stewed or tinned fruit
- Ripe peeled banana or peeled, de-stoned ripe summer fruit, for example, peaches, plums (no skins).
- Sponge cake (no dried fruit) or Swiss roll with custard
- Egg custard or crème caramel

Snacks:

use the lighter meal, breakfast and dessert options for snack ideas

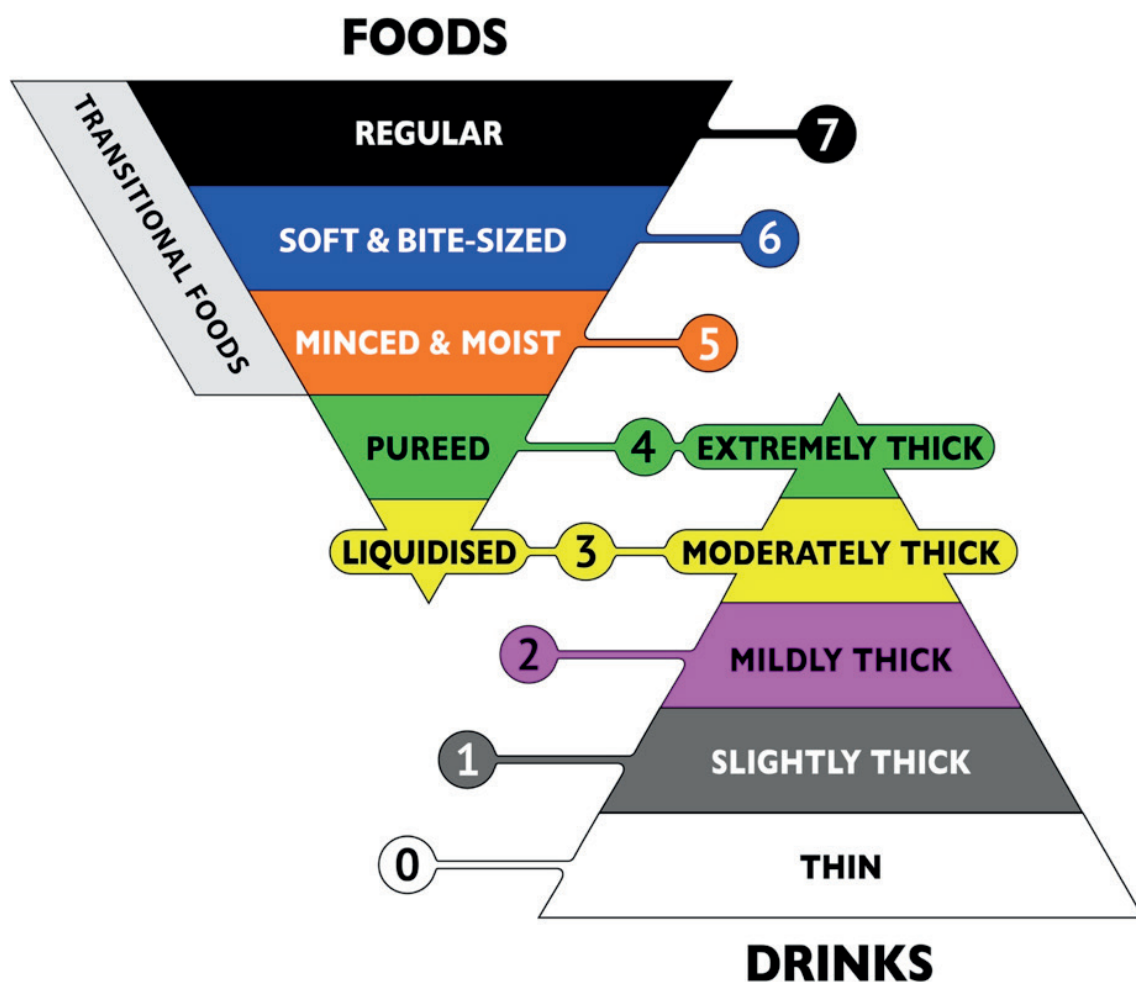
Additional sources of information, resources and support

There is a growing wealth of resources, information and support available, particularly online. We are unable to recommend or endorse specific resources, groups or information but would like to highlight what is available.

Any information should be considered in conjunction with this leaflet and your personalised recommendations. Be aware, there might be different terminology used for pureed diets such as thick pureed, soft, smooth or category C. Try and read reviews and forums to help you decide what might be useful for you.

- Recipe books
- Online cooking tutorials e.g. YouTube
- Information websites e.g. Dysphagia Tool Kit, Dysphagia Café
- Social media e.g. Facebook, Twitter
- Commercially prepared modified meal delivery services e.g.
 - Local 'meals on wheels' services
 - Wiltshire Farm Foods
 - Oak House Foods
 - Apetito
 - Kealth

International Dysphagia Descriptors



For more information about the International Dysphagia Descriptors see:

- <http://iddsi.org/>
- http://iddsi.org/wp-content/uploads/2016/03/160103_Foods-Detailed-Descriptions.pdf

Key points to remember

Signature:	Date:

Cover photo and photo on page 3 supplied by Apetito



Written in partnership



Nottinghamshire Healthcare 
NHS Foundation Trust

Nottingham University Hospitals 
NHS Trust

Liquidised Diet

The information in this booklet is for:

This booklet has been given by:

Contact number:

Date:

It has been recommended that you have a liquidised diet to make it easier and safer to eat.

You can still eat and drink many of the foods and fluids you enjoy, although the consistency may need to be altered.

The speech and language therapist may have advised you to alter the consistency of your food and drink. It is important that you follow this advice in order to remain fit and well. Following the advice will help to reduce the distress of coughing at mealtimes and the risk of developing chest infections.

The speech and language therapist will also advise you on the best way to eat and drink, for example when sat upright and when most alert.

The dietitian would advise on ways to ensure your liquidised diet is well balanced and nutritious.

Please read this leaflet in conjunction with your personalised recommendations.

The diet consistency you have been recommended is **Liquidised**

The fluid consistency you have been recommended is

.....

IDDSI 3 (previously Cat B, known as thin puree)

What is a Liquidised diet?

- Food has been pureed and has a smooth uniform consistency.
- Can be drunk from a cup.
- Some effort is required to suck through a standard straw.
- Cannot be piped, layered or moulded on a plate.
- Cannot be eaten with a fork because it drips slowly through the prongs.
- It spreads out if spilled onto a flat surface.
- Can be eaten with a spoon.
- No oral processing or chewing required – can be swallowed directly.
- Smooth texture with no 'bits' (lumps, fibres, bits of shell or skin, husk, particles of gristle or bone).
- There are no loose fluids that have separated off.
- The texture is not sticky in the mouth.
- No ice cream, sorbet or jelly unless advised as suitable by a speech and language therapist on an individual basis.



How will I know that I have the right texture?

Fork drip test

- Drips slowly in dollops through the prongs of a fork.
- Prongs of a fork do not leave a clear pattern on the surface.
- Spreads out if spilled onto a flat surface.

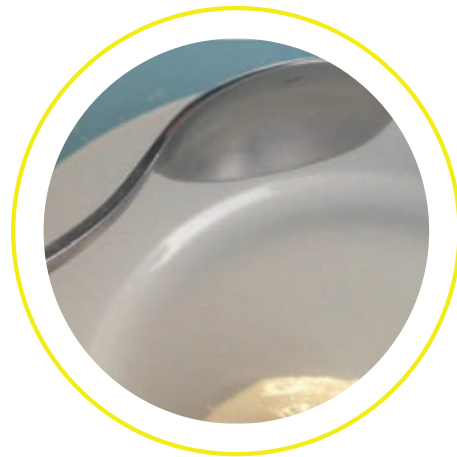


Spoon tilt test

Easily pours from spoon when tilted; does not stick to spoon.

Finger test

It is not possible to hold a sample of this food texture using fingers, however, this texture slides smoothly and easily between the thumb and fingers, leaving a coating.



How do I make the food I like into a liquidised consistency?

Liquidised food is “ordinary” food which has been made into a smooth consistency using a liquidiser, food processor, sieve or mouli. You can adapt your usual menu to create liquidised food. There are some “ordinary” foods that are already the correct consistency for a liquidised diet

What equipment will I need?

A liquidiser or food processor is very helpful. Hand held liquidisers are useful. Care may be needed to remove all the lumps. A fine mesh metal sieve and large spoon can be used too.



How do I prepare a Liquidised diet?

Please be aware that these are guidelines only. How you cook the food i.e. temperature and duration, can significantly change the consistency and texture of the finished item.

Liquidised foods are easier to puree. Some foods need fluid adding to achieve the right consistency. Rather than water, choose tasty and nourishing fluids e.g.

- stock, gravy, wine
- readymade “cook in” sauce or soups
- yoghurt, plain or flavoured milk, custard, ice-cream

Meat & meat substitute

Cook meats for a long time on a low heat until tender (stew, casserole, braise) and piping hot. Remove any skin, bones and gristle from cooked meat before liquidising.

Fish

Poach or steam fresh or frozen fish until it is very tender. Remove the bones and skin before liquidising. Tinned fish can be liquidised but any bones and skin should be removed first.

Pulses (peas, beans and lentils)

Tinned or well-cooked pulses liquidise well but will need to be strained through a fine mesh metal sieve to ensure bits of skin and fibrous lumps are removed before serving.

Fruit and Vegetables

Foods which have naturally high water content liquidise easily without the addition of extra fluids e.g. cooked vegetables and fruit. You should remove any skins and seeds before cooking and liquidising where possible. However, lumps or fibres may still remain and must be removed by straining through a fine mesh metal sieve.

Potato

Remove the skin and cook the potato until it is very soft before liquidising. Alternatively, using instant mash potato products such as Smash® or supermarket own brand options may be easier.

Breakfast Cereal

Ready Brek® and Weetabix® or similar breakfast cereals are easier to blend and you can add different flavours for variety.

Rice

Cook until very soft and add plenty of fluid to achieve the correct consistency and blend. White pudding, long grain, basmati and risotto rice can be used but must be cooked until they are very soft. You will need to add plenty of fluid to achieve the correct consistency.

Bread:

slices or pieces of bread should not be eaten but you could add bread to soups, avoid crusts or breads with grains or seeds and then liquidise it.

If the liquidised food is very thin and runny, it will need thickening. You can use corn flour, mashed potato, gravy granules and custard powder or special thickening agents to do this. Your speech and language therapist can advise you on special thickening agents. These are prescribed by your GP.

With practice you will be able to recognise which foods liquidise most easily and what equipment works best for different foods.

Making your food as appetising as possible

Try to make food appetising, you could do this by making sure there are a range of colours and flavours.

Colour: Liquidise meat and vegetables separately. Choose colourful vegetables.

Presentation: You can't mould or pipe these foods but you would present each food item in individual small pots/bowls.

Flavour: Adding herbs and spices, lemon, lime juice or vinegar before liquidising can give additional flavour. You could also try smooth bottled sauces for example, tomato ketchup, brown sauce, barbeque sauce, smooth mustard, mayonnaise, salad cream or smooth dips, smooth tomato or garlic puree.

Are there foods that are difficult to liquidise?

All foods need to be liquidised with care but some foods are more difficult to liquidise. Follow these guidelines carefully:

- Beware of gristle in meat dishes, for example shepherd's pie, lasagne, or meat pie and bones in fish.
- Rice, pasta and pastry need a lot of added fluid to achieve a smooth consistency.
- Chicken, turkey and fish appear to liquidise well, but can be stringy.
- Take extra care with battered or bread crumbed coatings.

If in doubt sieve it out!!

If you are in any doubt about the consistency, pushing liquidised food through a metal sieve with a spoon will ensure that the food is completely smooth.

Making a liquidised meal does take time and planning but with practice it should get easier.

Food you can't liquidise

Most foods are suitable for liquidising, but there are exceptions. The following do not liquidise well and may increase your risk of choking

- Crisps, nuts, crackers
- Muesli or similar hard grained cereals
- Raw or salad vegetables
- Sweetcorn
- Dried fruit
- Skins, pith or seeds from fresh
- or tinned fruits and vegetables e.g. oranges, raspberries, blackcurrants, pineapple
- Jam containing fruit pieces, pith, peel or seeds
- Boiled sweets, toffees and chunks of chocolate

Can I freeze prepared foods?

Storing portions of liquidised food in the freezer can save work. Divide food into meal sized portions and store in clean plastic containers e.g. freezer bags, lollipop moulds, as well as small plastic boxes.

- Prepared food should be cooled and then frozen immediately.
- Do not store frozen food for more than one month.
- Check consistency when defrosted.

Food safety

It is important to guard against the risk of food poisoning, especially if the food is being reheated after freezing

- Always ensure food is thoroughly heated
- Never refreeze foods
- Never reheat cooked food more than once
- Defrost meat, poultry and fish thoroughly before cooking
- Avoid raw eggs and foods containing raw egg
- Check 'Use by' dates

*For more information see the Food Standards Agency website:
www.food.gov.uk*

How can I make sure I get enough to eat?

You should aim to have a balanced diet to provide the protein, energy, vitamins and minerals that your body needs. Eating a variety of foods from all the main food groups (see below), following a regular meal pattern and including nourishing snacks and drinks between your meals if necessary will help you to meet your nutritional needs. Avoid baby food as it is low in nutrients for adults.



● **Starchy foods**

These should be included as part of every meal. Foods in this group include potatoes, plantain, yam, cassava, rice, pasta and breakfast cereals.

● **Fruit & vegetables**

Include at least 5 a day. Fresh, frozen, tinned and juiced (will need thickening) products all count.

● **Protein rich foods**

Include as part of 2 meals per day. Meat & meat substitutes, fish, eggs, beans and pulses all count.

● **Milk and dairy foods**

Include 2-3 servings a day of milk and milk products e.g. yoghurt and cheese. One serving is 1/3 pint of milk, 30g (matchbox size) of cheese.

● **Foods high in fat**

These foods should normally be eating sparingly e.g. spreads, cooking and dressing oils. Unsaturated fats such as olive oil and spreads are healthier options than saturated such as butter or ghee.

Adding extra nourishment to your food

Foods and drinks that are high in calories are not normally necessary as part of a healthy diet e.g. cream, creamy or oily dressings, ice cream, condensed or evaporated milk, honey, jam, table sugar. However if you are struggling to eat enough or losing weight these foods can help you meet your calorie needs. This is called 'fortifying your diet' or 'adding extra nourishment to your food'. Ideas of how you could do this are listed below.

Milk Powder

can be added to:

milk, breakfast cereal, potato, soups & sauces, custard & milk puddings, milk drinks.

Grated or cream cheese

can be added to:

potato and rice dishes, vegetables, soups & sauces.

Butter, margarine, oils, mayonnaise, salad cream

can be added to:

Potato and rice dishes, vegetables, soups & Sauces.

Cream

can be added to:

Drinks, breakfast cereal, potato and rice dishes, egg dishes, soups & sauces, pudding and fruits.

Sugar, seedless

jam, syrup, honey

can be added to:

Drinks, breakfast cereal, pudding and fruits.

Ice cream, custard, evaporated or condensed milk

can be added to:

Drinks, breakfast cereals, sponge cake, pudding and fruits.

If you have been advised to limit these foods in the past for example because you have diabetes or high cholesterol talk to your GP or dietitian

Don't forget to liquidise!

Mealtime examples for Liquidised diet

The following mealtime examples must be liquidised unless they are already the correct consistency. Remember to present each food item separately to provide a variety of flavour and colour.

The examples can be adapted to your own taste and dietary needs.

If you have a diagnosed food allergy or intolerance or other special dietary needs please let your dietitian and speech and language therapist know.

Breakfast

Include some cereal

- Ready Brek® mixed with milk until smooth
- Weetabix® mixed with milk until smooth
- Oatibix® mixed with milk until smooth
- Porridge or instant oat cereal e.g. Oats So Simple®

and include some fruit

- Banana or pear with yoghurt
- Prunes with fromage frais

and a cooked option (if desired)

- Skinless sausages or smoked haddock with tinned tomato
- Ham and / or egg with tomato
- Egg and / or baked bean and tinned spaghetti

Main meal suggestions

- Roast pork with apple sauce, potato, carrot and broccoli
- Tandoori chicken, bombay potato and mushroom
- Lamb stew with potato, minted peas and carrots
- Minced beef (or substitute) with sweet potato, spinach and tomato
- Fish in parsley sauce, with sweet potato, spinach and carrot
- Corned beef hash with tomato and peas
- Jerk chicken with rice and peas
- Lentil based dishes such as dahl with rice
- Sausage meat in gravy or sauce with potato, peas and tomato
- Fish cake in tomato sauce and creamy leeks

Lighter meal suggestions

- Smaller portions of any of the above meals
- Soups

Home made: put cooked vegetables and potato with stock or milk and seasonings (to taste) in the liquidiser and blend until smooth. Try to include some pulses (such as lentils or split peas) or cooked meat or fish

Tinned: may need to be liquidised and thickened. Tinned soups are poor sources of nourishment. This can be improved by adding Meritene® or Complan® powder, lentils or split peas or meat or poultry, grated cheese or milk powder, milk, cream

- Cauliflower cheese with ham and sweet potato
- Baked beans with cheesy potato
- Potato salad with egg or tuna mayonnaise and spinach
- Cheese omelette with mushroom
- Cheese soufflé with sweet potato and broccoli
- Salmon cream cheese with rice and spinach

Desserts

- Semolina or sago
- Smooth yoghurt or fromage frais
- Thick custard
- Mousse, instant whip, blancmange, fruit fool, soufflé
- Rice pudding or tapioca with soft stewed or tinned fruit
- Ripe peeled banana or peeled, de-stoned ripe summer fruit, for example, peaches, plums (no skins).
- Sponge (no dried fruit) or Swiss roll with custard
- Egg custard or crème caramel

Snacks:

use the lighter meal, breakfast and dessert options for snack ideas

Don't forget to liquidise!

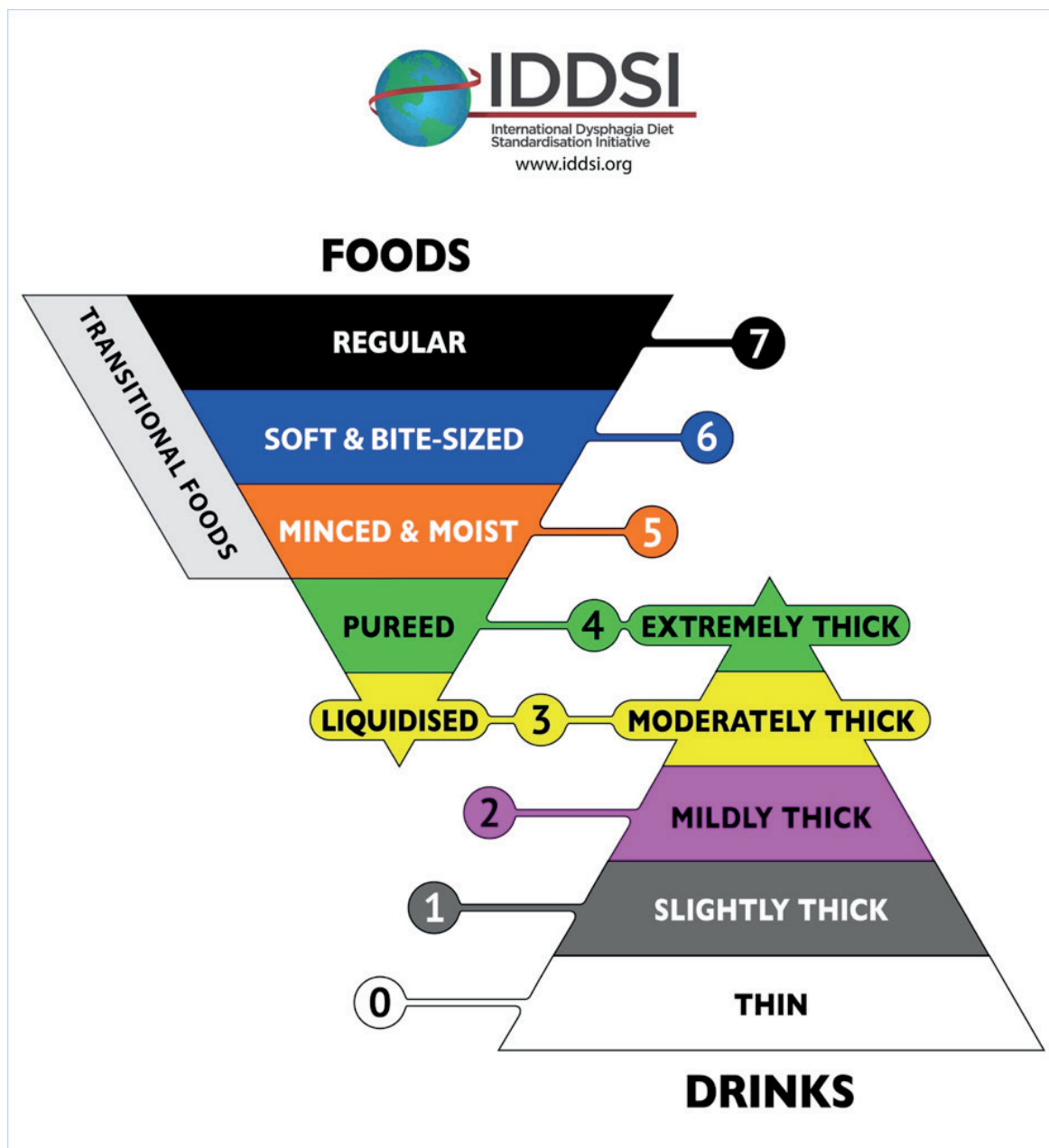
Additional sources of information, resources and support

There is a growing wealth of resources, information and support available, particularly online. We are unable to recommend or endorse specific resources, groups or information but would like to highlight what is available.

Any information should be considered in conjunction with this leaflet and your personalised recommendations. Be aware, there might be different terminology used for liquidised diets such as thin pureed, runny pureed, soft smooth or category B. Try and read reviews and forums to help you decide what might be useful for you.

- Recipe books
- Online cooking tutorials e.g. Youtube
- Information websites e.g. Dysphagia Tool Kit, Dysphagia Café, Eat well Guide
- Social media e.g. Facebook, Twitter
- Commercially prepared modified meal delivery services e.g.
 - Local 'meals on wheels' services
 - Wiltshire Farm Foods
 - Oak House Foods
 - Apetito
 - Kealth

International Dysphagia Descriptors



For more information about the International Dysphagia Descriptors see:

- <http://iddsi.org/>
- http://iddsi.org/wp-content/uploads/2016/03/160103_Foods-Detailed-Descriptions.pdf

Key points to remember

Signature:

Date:

Written in partnership

