What is a soft diet?

- Foods that are easy to chew and swallow.
- Can be broken into pieces with a fork.
- Does not separate when chewed, for example juice running from an apple.
- Add a thick gravy or sauce.

What can help?

- Sitting up straight.
- Go slowly.
- Make sure your mouth is empty before next mouthful.
- Take small mouthfuls.
- Don’t eat when sleepy.
### Foods to try

- Pasta (chopped) with sauces
- Weetabix / Porridge
- “Dunked” biscuits
- Sandwiches with soft/moist fillings, (cut up small; no crusts)
- Soft bread with lots of butter / jam

### Foods to avoid

- Hard bread rolls / bread containing grains
- Toast
- Pastries and biscuits
- Dry or crunchy cereal or cereal with nuts
- Rice

---

**Soft food diet (aphasia friendly)\)**

**Innovation and excellence in health and care**

Addenbrooke’s Hospital | Rosie Hospital
<table>
<thead>
<tr>
<th>Foods to try</th>
<th>Foods to avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat and alternatives</strong></td>
<td></td>
</tr>
<tr>
<td>Minced or finely chopped meat in gravy</td>
<td>Large pieces of meat</td>
</tr>
<tr>
<td>Fish in sauce (NB Avoid bones)</td>
<td>Sausages, pies</td>
</tr>
<tr>
<td>Eggs</td>
<td>Sausage rolls</td>
</tr>
<tr>
<td>Soft cheese e.g. cottage cheese or cheese sauce</td>
<td>Hard cheese</td>
</tr>
</tbody>
</table>
## Foods to try

### Fruit and vegetables
- Mashed or stewed fruit
- Pureed or mashed vegetables
- Mashed potatoes
- Inside of jacket potatoes

## Foods to avoid

### Fruit and vegetables
- All fruit containing pips, seeds or with skins
- Vegetables with skins; such as peas, broad beans, sweetcorn
- Salads, raw vegetables
- Chips
- Stringy fruit or vegetables
<table>
<thead>
<tr>
<th>Foods to try</th>
<th>Foods to avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Desserts</strong></td>
<td></td>
</tr>
<tr>
<td>Yoghurt</td>
<td>Dry pastry</td>
</tr>
<tr>
<td>Smooth ice-cream</td>
<td>Muffins and crumpets</td>
</tr>
<tr>
<td>Soft puddings with custard</td>
<td></td>
</tr>
<tr>
<td>Mousses</td>
<td></td>
</tr>
<tr>
<td>Ice cream, jelly and sorbet</td>
<td>If using thickener avoid...</td>
</tr>
</tbody>
</table>

If using thickener avoid...

- Ice cream
- Jelly
- Sorbet

Foods to try (aphasia friendly)

Innovation and excellence in health and care
Addenbrooke’s Hospital I Rosie Hospital
## Ideas for soft breakfast

- Omelette or scrambled egg with plenty of milk to soften
- Porridge
- Yoghurt
- Weetabix soaked in plenty of milk to soften

<table>
<thead>
<tr>
<th>Foods to try</th>
<th>Foods to avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pureed soups</td>
<td>Thin soup with bits</td>
</tr>
<tr>
<td>Chocolate that ‘melts in your mouth’</td>
<td>Nuts</td>
</tr>
<tr>
<td></td>
<td>Crisps</td>
</tr>
<tr>
<td></td>
<td>Boiled sweets, chocolates</td>
</tr>
<tr>
<td></td>
<td>Chocolate with a hard shell</td>
</tr>
</tbody>
</table>
### Ideas for main course

- Shepherd’s pie or cottage pie
- Bolognese
- Lasagne
- Smooth pâté (fish or meat)
- Noodles
- Savoury mince
- Pasta – ravioli, tortellini etc with different sauces like goats cheese, mushroom or creamy tomato
- Soft poached or flaked fish (without bones) in sauce
- Fish (without bones) and potato in a creamy sauce
- Tinned tuna and salmon mashed with salad cream, mayonnaise, cheese sauce
- Mixed vegetables mashed with butter and melted cheese or cooked until very soft
- Chicken (tender) in cream sauce
- Egg mayonnaise
- Baked egg custard with cheese
- Tinned spaghetti with grated cheese
- Jacket potato (avoid the skins) with butter, grated cheese or cream cheese
- Mash potato with butter/margarine and milk or sauce/gravy
- Cauliflower cheese
- Ratatouille
- Macaroni cheese
- Dips such as hummus, guacamole, taramasalata, cream cheese
- Lentils made into dahl
- Soup without ‘bits’ (make sure soup is thick if you’re on thickened fluids)
- Corned beef hash

### Ideas for desserts

- Mousse
- Ready-made chocolate desserts
- Egg custard
- Crème caramel
- Milk jelly or blancmange
- Milk puddings - home-made, tinned or snack pots
- Instant pudding mixes – whips, Angel Delight
- Rice pudding
- Trifle
- Tinned or stewed fruit with yoghurt or cream
- Custard - homemade, powdered, cartons or tins
- Fruit fools and purées
- Fruit that is soft, mashed, stewed without skins, pips, cores
- Ice cream or sorbet (avoid these if on thickened fluids)
- Yoghurts, thick and creamy or Greek yoghurt with honey or stewed fruit
- Fromage frais
- Bread and butter pudding
- Sponge pudding with custard or cream
- Mashed banana and cream
Soft diet recipe book references:

The I-Can't-Chew Cookbook: Delicious Soft Diet Recipes for People with Chewing, Swallowing, and Dry Mouth Disorders by J. Randy Wilson

The Dysphagia Cookbook
by Elayne Achilles (Author)

Easy-to-swallow, Easy-to-chew Cookbook: Over 150 Tasty and Nutritious Recipes for People Who Have Difficulty Swallowing
by Donna L. Weihofen (Author), Joanne Robbins (Author), Paula A. Sullivan (Author)

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

Authors: Speech and Language Therapy
Department: Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number: 01223 245151
Publish/Review date: December 2016/ December 2019
File name: PIN2449_soft_diet_information_aphasia_(aphasia_friendly)_V5.doc
Version number/Ref: 5/PIN2449 / Document ID 12621