Soft food diet

Swallowing recommendations for: ____________________________________________

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.
<table>
<thead>
<tr>
<th>Foods to try</th>
<th>Foods to avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads and cereals</strong></td>
<td></td>
</tr>
<tr>
<td>Pasta (chopped) with sauces</td>
<td>Hard bread rolls / bread containing grains</td>
</tr>
<tr>
<td>Weetabix / Porridge</td>
<td>Toast</td>
</tr>
<tr>
<td>“Dunked” biscuits</td>
<td>Pastries and biscuits</td>
</tr>
<tr>
<td>Sandwiches with soft/moist fillings, (cut up small; no crusts)</td>
<td>Dry or crunchy cereal or cereal with nuts</td>
</tr>
<tr>
<td>Soft bread with lots of butter / jam</td>
<td>Rice</td>
</tr>
</tbody>
</table>
## Foods to try

### Meat and alternatives

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<thead>
<tr>
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<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>
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<tr>
<td>Soft cheese e.g. cottage cheese or cheese sauce</td>
<td>Hard cheese</td>
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**Foods to try**
- Minced or finely chopped meat in gravy
- Fish in sauce (NB Avoid bones)
- Eggs
- Soft cheese e.g. cottage cheese or cheese sauce

**Foods to avoid**
- Large pieces of meat
- Sausages, pies
- Sausage rolls
- Hard cheese
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<tr>
<td>Mashed or stewed fruit</td>
<td>All fruit containing pips, seeds or with skins</td>
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<tr>
<td>Pureed or mashed vegetables</td>
<td>Vegetables with skins; such as peas, broad beans, sweetcorn</td>
</tr>
<tr>
<td>Mashed potatoes</td>
<td>Salads, raw vegetables</td>
</tr>
<tr>
<td>Inside of jacket potatoes</td>
<td>Chips</td>
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<td>Stringy fruit or vegetables</td>
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**Fruit and vegetables**

**Foods to try**
- Mashed or stewed fruit
- Pureed or mashed vegetables
- Mashed potatoes
- Inside of jacket potatoes

**Foods to avoid**
- 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
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<tr>
<td><strong>Desserts</strong></td>
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</tr>
<tr>
<td>Yoghurt</td>
<td>Dry pastry</td>
</tr>
<tr>
<td>Smooth ice-cream</td>
<td>Muffins and crumpets</td>
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<tr>
<td>Soft puddings with custard</td>
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</tr>
<tr>
<td>Mousses</td>
<td></td>
</tr>
<tr>
<td>Ice cream, jelly and sorbet</td>
<td>If using thickener avoid...</td>
</tr>
<tr>
<td><strong>Note:</strong></td>
<td></td>
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<td>Soft food diet (aphasia friendly)</td>
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<tr>
<td>**Addenbrooke’s Hospital</td>
<td>Rosie Hospital**</td>
</tr>
</tbody>
</table>
### Foods to try
- Pureed soups
- Chocolate that ‘melts in your mouth’

### Foods to avoid
- Thin soup with bits
- Nuts
- Crisps
- Boiled sweets, chocolates
- Chocolate with a hard shell

### Other

<table>
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<th>Ideas for soft breakfast</th>
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<tr>
<td>✓ Omelette or scrambled egg with plenty of milk to soften</td>
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<tr>
<td>✓ Porridge</td>
</tr>
<tr>
<td>✓ Yoghurt</td>
</tr>
<tr>
<td>✓ Weetabix soaked in plenty of milk to soften</td>
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Patient Information

Ideas for main course

- Shepherd’s pie or cottage pie
- Bolognaise
- 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 food diet (aphasia friendly)
Soft diet recipe book references:

The I-Cant'-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)

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Document history

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