



Regular Diet - Easy to Chew Options (IDDSI 7)

Acute and Community AHP Group

Patient name:

Date:

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Introduction

Dysphagia is a term used if you have a difficulty swallowing food, drink or medication. You have been assessed by a Speech and Language Therapist and they have recommended that you have a Regular Diet - Easy to Chew Options.

It is important that you follow these recommendations because other consistencies may make you tired and less able to eat full meals

The Dietitian can give you advice on how to achieve a balanced diet.

This booklet is designed to give you practical guidance to help you follow the advice you have been given by the Speech & Language Therapist and Dietitian

If you have any questions please contact your Speech and Language Therapist or Dietitian

What are easy to chew options?

- Normal, everyday foods of soft, tender texture
- You should be able to 'bite off' pieces of the food and choose bite-sizes that are safe for you to chew and swallow
- You should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- Food piece size is not restricted, therefore foods may be a range of sizes
- **Does not include bread unless specifically advised by your Speech and Language Therapist**

How to prepare easy to chew options?

Easy to chew options are prepared in the same way as regular foods, however they should be cooked well until they are soft and tender.

Do not use foods that are hard, tough, chewy, fibrous, stringy, have pips or seeds, bones or gristle.

Your food should be able to be cut or broken apart easily with just the side of a fork or spoon.

Your food should be able to be mashed with the pressure of a fork.

Food appearance and taste

The appearance and taste of your food is important; here are some ideas to make your food more appetising:

To improve the taste of savoury foods try adding:

- Salt
- Pepper
- Garlic
- Worcester sauce
- Tomato sauce
- Mint jelly
- Apple sauce
- Garam Masala or your favourite herbs and, or, spices

To improve the taste of sweet foods try adding:

- Seedless jam
- Lemon curd
- Fruit syrups
- Blackcurrant cordial
- Chocolate sauce
- Honey

Suitable foods and foods to avoid

	Suitable foods	Foods to avoid
Breakfast	<ul style="list-style-type: none"> • ReadyBrek • Porridge • Soaked cereals (milk drained if on thickened fluid) • Baked Beans • Scrambled eggs 	<ul style="list-style-type: none"> • Bread • Toast • Muesli • Shredded Wheat • Cereals with dried fruit and, or nuts
Meat and Fish and plant based main dishes Cooked until tender with bone and gristle removed	<ul style="list-style-type: none"> • Poached fish with a sauce • Stewed, casseroled, curried meat or plant based alternatives in a sauce and, or, gravy • Diced sausages • Cottage pie • Meatballs in sauce • Tuna and pasta cheese bake • Tofu, Quorn • Pulses (beans, dhal) 	<ul style="list-style-type: none"> • Tough stringy meat such as steak, spare ribs, crispy bacon • Breaded fish and, or, meat
Starchy Foods	<ul style="list-style-type: none"> • Boiled potatoes, sweet potatoes, yams, cassava, plantain, green banana • Well-cooked pasta or noodles with sauce • Rice • Couscous • Quinoa 	<ul style="list-style-type: none"> • Toast • Crisps • Crackers • Pastry and, or, crumbles • Bread
Dairy	<ul style="list-style-type: none"> • Soft cheese, for example goat's cheese • Yoghurt – including soft fruit • Egg (scrambled, poached, or boiled) • Cottage cheese • Omelette • Soufflé 	<ul style="list-style-type: none"> • Hard cheese

Suitable foods and foods to avoid

	Suitable foods	Foods to avoid
<p>Fruit and Vegetables Should be soft and cooked until tender with pips and fibrous parts removed</p>	<ul style="list-style-type: none"> • Soft fruit e.g. banana melon peaches • Stewed or poached fruit such as apples and pears • Tinned fruit • Vegetables (carrot, parsnips, cauliflower, broccoli, okra) • Tomatoes • Avocado • Potatoes 	<ul style="list-style-type: none"> • Unripened or hard fruits such as apples • Stringy or segmented fruit such as oranges or pineapple • Raw vegetables • Stringy or fibrous vegetables such as runner beans, celery, lettuce.
<p>Puddings and, or, Snacks</p>	<ul style="list-style-type: none"> • Yoghurt • Fromage frais • Custard • Mousse • Tapioca, rice pudding, semolina • Soft sponge cake • Baked egg custard (no pastry) • Chocolate buttons, small pieces of bubbly chocolate 	<ul style="list-style-type: none"> • Biscuits • Pastry • Sweets • Crumble • Nuts and seeds • Popcorn

Meal Ideas

Breakfast

- Porridge
- Scrambled eggs and baked beans
- Weetabix

Lunch

- Omelette
- Macaroni cheese or tinned ravioli
- Jacket potato with no skin – soft moist filling, for example cheese, tuna

Served with soft and tender vegetables

Dinner

- Bolognese with soft pasta
- Salt fish & ackee
- Minced lamb keema
- Quorn cottage pie
- Fish in sauce

Served with soft tender vegetables and potatoes

Desserts

- Sponge and custard
- Stewed apple and custard
- Banana and custard
- Panna cotta

Snacks

- Chocolate buttons
- Yoghurt
- Angel Delight

Safer swallowing

To maximise the safety of your swallow remember to:

- Have mouthfuls, one at a time.
- Give plenty of time between each mouthful.
- Have smaller meals more frequently.
- Avoid talking and eating at the same time.
- Do not wash down food with a drink.
- Sit upright for at least 30 minutes after eating.



Good nutrition

A Dietitian will be able to give you more specific advice about your diet, and advise on any appropriate supplements you may need.

How to increase your calorie intake

Changing your diet might make you lose weight; you can try to avoid this by adding extra nourishment to your meals:

- Sugar, seedless jam, honey and cream to your breakfast
- Butter, ghee or margarine in your vegetables and potatoes
- Double cream, yoghurt, milk, evaporated milk to porridge, sauces and puddings, mashed potato, vegetables, drinks
- Coconut cream, olive oil, avocado to savoury foods
- Try to use at least 1 pint of whole milk per day
- Try using 'double strength' milk, for example whisk 2oz (60g) dried milk powder into 1 pint (600ml) whole milk.

Why should you eat when you do not feel hungry?

If you eat less food than you need, you will lose weight and use up your stores of important nutrients such as iron, vitamins and protein. This means you will not fight off infections, feel weak and tired and your body will be unable to heal itself.

Buy in options

Some companies produce pre-prepared Regular Diet - Easy to Chew Options (IDDSI 7). These can be delivered and stored in the freezer.

The following list is for information only and other companies may be available. The Royal Wolverhampton NHS trust does not endorse any specific companies

Wiltshire Farm Foods

WILTSHIRE

EST. **FARM** 1991

FOODS

www.wiltshirefarmfoods.com

Tel: 0800 077 3100

Oakhouse Foods

Oakhouse
foods

www.oakhousefoods.co.uk

Tel: 03333706700

Contact information

Speech and Language Therapy

Tel: 01902 444363

Email: rwh-tr.Speech-And-Language@nhs.net

Dietetics

Tel: 01902 695335

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
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