



Soft and bite-sized diet (IDDSI 6)

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 soft and bite-sized diet.

It is important that you follow these recommendations because other consistencies may get stuck in your throat, causing choking or enter your airway or lungs resulting in a chest infection, or even pneumonia.

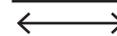
The Dietitian can give you advice on how to achieve a balanced diet.

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

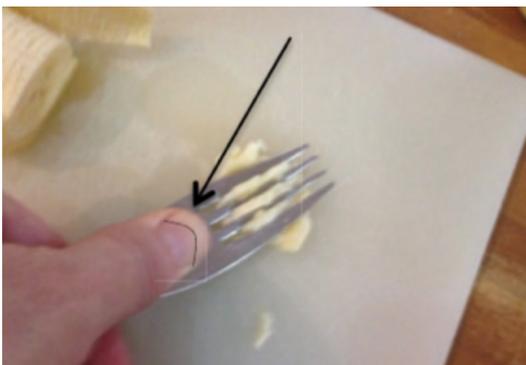
If you have any questions please contact your Speech and Language Therapist or Dietitian.

What is a soft and bite-sized diet?

- Can be eaten with a fork, spoon or chopsticks.
- Can be mashed with the pressure of a fork.
- Food is tender, soft and moist.
- Food does not need to be cut with a knife.
- Chewing is required before swallowing.
- Liquid should not separate from the food.
- Bite sized pieces should be no more than 1.5cms.
- **Does not include bread unless specifically advised by your Speech and Language Therapist**



1.5cm



Thumb nail blanching to white



The food item squashes and does not return to its original shape when pressure is released

How to prepare soft and bite sized diet

- Choose foods without skins, for example, chicken fillets, skinless sausages or sausage meat.
- Cook well until tender.
- Add a liquid like milk, juice, sauce, stock or gravy (not water as it dilutes the taste and goodness in the food) as required.
- Check that foods have not thinned out and any liquid within the food has not separated out.
- Cut into bite sized pieces. No bigger than 1.5 cm.

To vary the tastes and appearance on your plate, it is a good idea to prepare each food item separately and keep the items separate from each other on a plate.

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 	<ul style="list-style-type: none"> • Toast • Muesli • Shredded Wheat • Cereals with dried fruit and, or nuts
<p>Main Dishes</p> <p>Meat and fish should be tender and all food cut into bite sized pieces no bigger than 1.5cm.</p>	<ul style="list-style-type: none"> • Poached fish with a sauce, for example salt fish & ackee • Stewed, casserole, curried meat in a sauce or gravy • Diced skinless sausages • Cottage pie • Curried salmon in sauce • Tuna and pasta cheese bake • Macaroni cheese • Quorn bolognese • Jacket Potato (no skin) • Avocado • Pulses (beans, dhal) with skins removed 	<ul style="list-style-type: none"> • Tough stringy meat such as spare ribs, bacon or gammon • Seeds and nuts • Pulses (unless sieved) • Breaded fish / meat
<p>Starchy foods</p> <p>Cook until tender and chop into bite sized pieces no bigger than 1.5cm.</p>	<ul style="list-style-type: none"> • Boiled potatoes, sweet potatoes yams, cassava, plantain, green banana • Well-cooked and diced pasta or noodles with sauce • Ravioli 	<ul style="list-style-type: none"> • Toast • Crisps • All biscuits and crackers • Pastry and, or crumbles • Roast potatoes • Jacket potato skins • Rice
<p>Dairy</p> <p>Should be cut into 1.5cm bite sized pieces.</p>	<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 • Stringy cheese for example mozzarella

Suitable foods and foods to avoid

	Suitable foods	Foods to avoid
<p>Fruit and vegetables</p> <p>Soft and cut into 1.5cm bite sized pieces.</p>	<ul style="list-style-type: none"> • Tinned or stewed fruit peach, apple, mango, apricots, apple • Banana • Well cooked vegetables (carrot, parsnips, cauliflower, broccoli, okra) • Peeled tomatoes • Potatoes 	<ul style="list-style-type: none"> • Unripened or hard fruits • Stringy or segmented fruit such as oranges or pineapple • Foods with seeds or pips such as raspberries, strawberries, gooseberries • Stringy or fibrous vegetables such as runner beans, celery, lettuce, cabbage • Vegetables and fruit with skins on, such as broad beans, sweetcorn, peas, grapes and dried Fruit. • Stir fried vegetables
<p>Puddings / snacks</p>	<ul style="list-style-type: none"> • Yoghurt • Fromage frais • Custard • Mousse • Tapioca, rice pudding, semolina • Soft sponge cake (1.5cm pieces) • Baked egg custard (no pastry) • Chocolate buttons, small pieces of bubbly chocolate 	<ul style="list-style-type: none"> • Biscuits • Pastry • Sweets • Crumble

Meal Ideas

Breakfast

- Porridge
- Cornflakes (soaked with excess milk drained)
- Banana - cut into 1.5cm bite sized pieces.
- Scrambled eggs
- Weetabix

Lunch

- Shepherd's pie
- Jacket potato with no skin - soft moist filling, for example cheese, tuna
- Scrambled eggs.
- Lentil Dhal

Served with soft vegetables

Dinner

- Cheese and potato pie
- Bolognese with soft pasta
- Salt fish & ackee
- Minced lamb keema (no peas)
- Quorn cottage pie
- Omelette - cut into 1.5cm bite sized pieces
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Desserts

- Milk pudding
- Sponge and custard
- Stewed apple and custard
- Banana and custard
- Panna cotta
- Spiced milk pudding

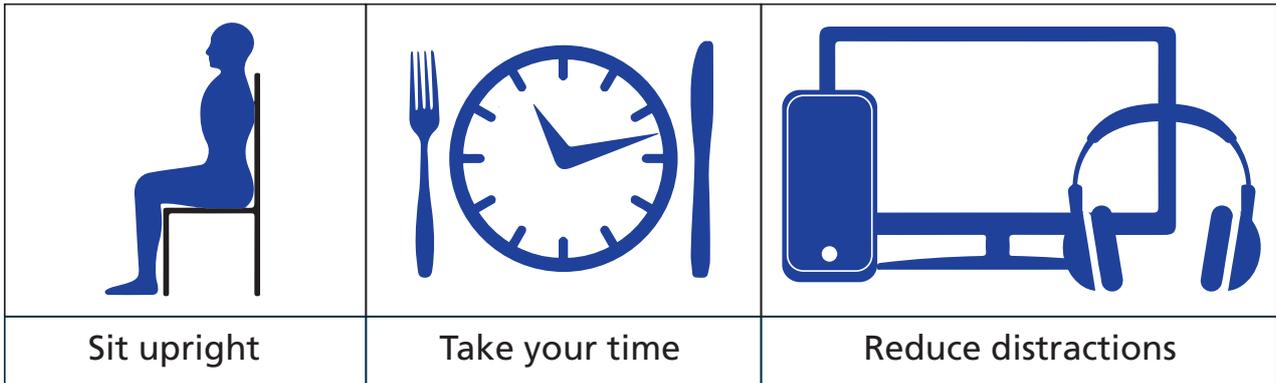
Snacks

- Yoghurt
- Avocado - cut into 1.5cm bite-sized pieces
- Angel Delight
- Banana - cut into 1.5cm bite-sized pieces

Safer swallowing

To maximise the safety of your swallow remember to:

- Have small 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 and 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 Level 6 soft and bite-sized meals. 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

EST. **FARM** 1991

FOODS

www.wiltshirefarmfoods.com
Tel: 0800 077 3100

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

English

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 w 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 de 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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