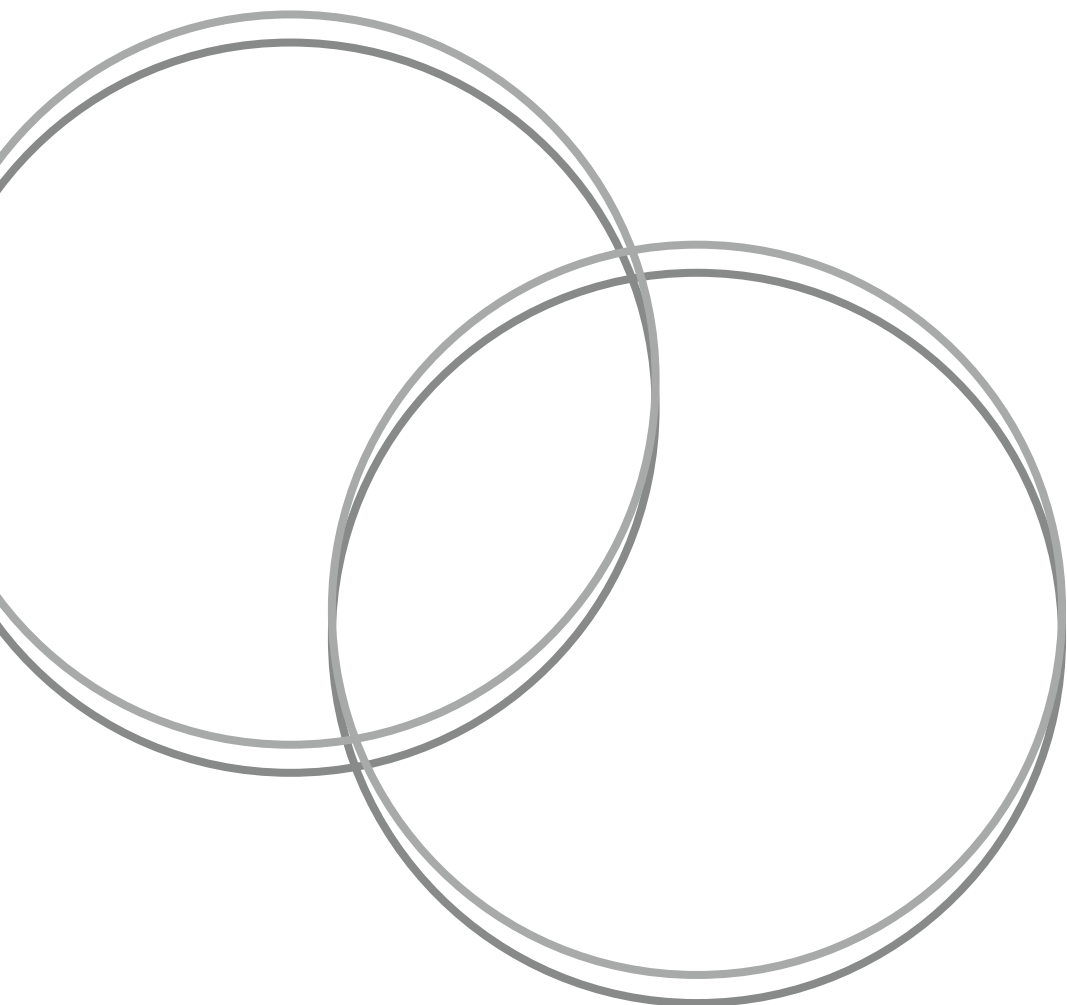


Modified Texture: Level 7 Easy to chew foods

Information for patients



Introduction

You may need to change the texture of your food and drink if you:

- have problems chewing or swallowing your food
- have a dry or sore mouth
- have a sore throat
- feel that food is getting stuck in your food pipe (oesophagus)
- cough during or after eating or drinking
- have a gurgly voice after eating
- have recurrent chest infections
- choke on certain food or drinks more than others.

The texture that you need will depend upon the problems that you are having when eating. This may change over time and your Speech and Language Therapist will be able to let you know if this is the case.

If you have been given specific advice about food textures or thickening fluids from a Speech and Language Therapist you must follow these guidelines for safety reasons.

Whatever texture you have been advised to have, it is important that you receive the nourishment that your body needs. This leaflet is designed to help you choose suitable foods that will keep you healthy and help your body to cope with any treatment that you need.

A balanced diet

It is very important that your meals are well balanced to give you all the nutrients that your body needs. There are five different food groups that provide you with different nutrients as follows:

1. Bread, other cereals, potatoes, pasta and rice

These starchy foods provide your body with energy. They are also an excellent source of fibre and B vitamins and are cheap and easy to prepare.

2. Fruit and vegetables

Fruit and vegetables provide many vitamins including vitamins A, C and E. Fruit and vegetables also provide important minerals and fibre.

3. Meat, fish and alternatives

These foods provide protein that is essential for growth and repair. They are excellent sources of B vitamins, iron and zinc which are also important for wound healing.

4. Milk and dairy foods

These protein and energy rich foods are good sources of calcium that is needed for strong bones and teeth. Choose full-fat alternatives if your appetite is poor.

5. Foods containing fat or sugar

Fat is a very rich energy source and can be used to add extra calories to your food. This is particularly useful if you are eating less than normal. Sugar is also a rich energy source and can be added to food to increase calories. Remember to brush your teeth after meals and sugary snacks to prevent tooth decay.

Remember that it is important to maintain good mouth and dental hygiene habits (e.g. regularly brushing your teeth, flossing, mouth wash, cleaning dentures).

Easy to chew foods

These are in line with the International Dysphagia Diet Standardisation Initiative (IDDSI). To check textures please visit:

www.iddsi.org/standards/testing-methods

Regular easy to chew foods

- Normal everyday foods* of soft/tender texture
- Can be easily broke up with a fork
- Any method may be used to eat these foods (e.g. fingers, fork, spoon, chopsticks etc.)
- Food piece size is not restricted therefore foods may be a range of sizes
- Do not use foods that are: hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle
- You should be able to 'bite off' pieces of soft and tender food and choose bite-sizes that are safe 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
- Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed
- You should be able to remove bone, gristle or other hard pieces from your mouth.

*May include 'mixed thin and thick texture' food and liquids together – ask your clinician for direction on this e.g. watermelon.

The following pages contain some examples of easy to chew foods that you may like to try and foods which are not suitable.

If you have any questions regarding these items, please seek professional advice from your Dietitian or Speech and Language Therapist.

Foods marked with * are for individual discussion with your Dietitian or Speech & Language Therapist.

Food group

BREAD, OTHER CEREALS AND POTATOES

Suitable

Porridge, Ready Brek, oatmeal, Weetabix or other breakfast cereals
 Bread*
 Well cooked rice
 Well cooked pasta
 Potato boiled or mashed, inside of jacket potato, potato salad, potato waffles
 Tinned spaghetti, pasta in sauce, ravioli
 Soft chips
 Soft filled sandwiches*
 Soft noodles with sauce

Not suitable

Muesli or cereal containing dried fruit and nuts
 Toast
 Brown rice
 Jacket potato skins
 Crackers and crispbreads
 Naan bread
 Chapatti
 Special fried rice, sticky rice cakes
 Popcorn

Food group

FRUITS AND VEGETABLES	
Suitable	Not suitable
Mashed, tinned, stewed or grated fruit	Frozen or fresh peas
Apple sauce	Fruit or vegetables with stalks e.g. runner beans, rhubarb
Soft vegetables e.g. carrot, cauliflower tips, courgettes, marrow, mushy peas, parsnip, swede, spinach, squash (no stalks), broccoli tips	Salad vegetables
Stuffed vegetables	Cabbage
Grated raw carrot	Celery
Tinned tomatoes	Crunchy hard fruit and vegetables e.g. crisp apple, stir fry
Ratatouille	Pineapple
	Sweetcorn
	Orange pith, dried fruit

Food group

MEAT, FISH AND ALTERNATIVES	
Suitable Stewed, casseroled, minced meat/poultry Meat or fish curry Corned beef, meatloaf Paté Tender fish in sauce Tuna and mayonnaise, tinned fish in tomato sauce Well-cooked scrambled egg, boiled egg mixed with mayonnaise, plain omelette, fried eggs Quiche (no dry pastry) Baked beans, soft pulses in sauce Soya beans, lentils, tofu, Quorn Smooth nut butter	Not suitable Dry, grilled or roast meat, poultry or fish Nuts and chunky nut butters Seeds Crackling and dry bacon

Food group

MILK AND DAIRY	
Suitable	Not suitable
Full cream milk (thickened if necessary)	Yoghurts with muesli/nuts
Plain/fruit yoghurt	
Cream cheese, cheese sauce, soft cheeses, grated hard cheese	
Rice pudding/tapioca	
Potato gratins	

Food group

FOODS CONTAINING FAT AND SUGAR

Suitable

Blancmange, Angel Delight

Jelly*, milk jelly*, fruit sorbet*,
trifle*

Sponge and custard, bread and
butter pudding and custard,
light sponge cake with cream

Cheesecake, pancakes

Crumble

Crème caramel, pasteurised
egg custard (no pastry)

Mousses – sweet or savoury

Shop brought mousse-type
desserts e.g. Caramel, Rolo,
Milky Bar Melted, Aero Mousse

Jaffa Cakes

Chocolate

Soft banana fritters

Cakes*

Bite and dissolve crisps,*
e.g. Wotsits

Not suitable

Dry biscuits and cakes

Hard and/or chewy sweets
and toffee

Hard crisps

Flaky pastry

Chewing gum

Suggested meal ideas

Breakfast:

- Breakfast cereal (no dried fruit or nuts) with milk
- Stewed fruit
- Egg (scrambled, poached, boiled, fried)
- Porridge, Ready Brek or instant oat cereal
- Weetabix soaked well in milk
- Well buttered toast

Main meals:

- Fish in sauce, soft chips, carrots (cooked until soft)
- Filling of a quiche
- Soft filling sandwiches, e.g. cheese/tuna mayonnaise
- Tinned pasta meals e.g. ravioli, macaroni cheese, spaghetti Bolognese
- Cottage/shepherd's pie
- Flaked fish or salmon with potatoes, vegetables and parsley sauce
- Tender Lamb / chicken with soft noodles and a sauce or curry with chapati

Desserts/puddings/snacks:

- Plain sponge cake or pudding, cake bars or sponge fingers with custard or cream – no fruit cake
- Soft/stewed fruit – tinned or fresh with yogurt or cream
- Thick and creamy yoghurt, mousse or fromage frais
- Crème caramel
- Egg custard
- Melt-in-the mouth crisps, for example Wotsits, Quavers, Skips, Pom-Bears, Monster Munch
- Ripe fruit cut into small pieces or gently mashed, for example banana, pears, peaches, plums

If you are losing weight or want to increase your weight

1. Fortify your meals as below:

- Milk – Add four tablespoons of powdered milk to one pint of full cream milk. Use in drinks, cereal, puddings, sauces and custard
- Fats – Add butter, rapeseed or Extra Virgin Olive Oil to vegetables, potatoes or pastas. Add mayonnaise or salad cream to potatoes, eggs, cheese and fish
- Soft cheese – add to soups, scrambled eggs and mashed potatoes
- Jam/honey/sugar – Add to porridge, puddings, yoghurts etc

2. Try to have two nourishing snacks a day, in between mealtimes.

3. Try to have two nourishing drinks a day, e.g., a milky hot chocolate /Malted drink/milkshake. Ensure their level of consistency is in line with your Speech and Language Therapist's advice.

How can I tell if I am losing weight?

Weigh yourself once a week to monitor if you're losing weight. If you're unable to weigh yourself, you may notice weight loss if your clothes or jewelry start to feel looser. A modified diet should not lead to weight loss. If you're concerned that you're not meeting your nutritional requirements or are losing weight, please reach out to your GP or dietitian for further guidance.

Other safer swallowing recommendations:

Your Speech and Language Therapist is:

Name:

Telephone:

Your Dietitian is:

Name:

Telephone:

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Produced by registered Dietitians and Speech and Language Therapists.

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Oxford University Hospitals NHS Foundation Trust

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