

PATIENT INFORMATION

Soft Nourishing Diet

Please note this booklet has been produced for people who need a softer diet for other reasons other than swallowing problems. If you need a soft and bit sized diet due to swallowing problems please use the booklet provided by the Speech and Language Therapy Team.

If you have been advised to take thickened fluids, some of this advice may not be suitable, therefore seek input from your Speech and Language Therapist.

How can I make my meals softer?

We all need to eat a variety of foods for our health.

If you are currently having difficulty with chewing, your mouth is sore or dry, you may need to choose a softer diet.

This leaflet can be used as a guide to adapt foods in your diet, making them softer.

Helpful hints

- Eat small, frequent amounts e.g. 3 small meals and 2-3 nourishing snacks per day.
- Take drinks after meals rather than before. This ensures you do not fill yourself up too much.
- Try drinking milk and milky drinks between meals.
- A small glass of sherry or wine or a measure of spirits half an hour before a meal can help to stimulate your appetite – check first with your doctor or nurse that alcohol can be taken.
- Posture – try to sit as upright as possible when eating and drinking.

Suggestions

Every day aim to include:-

- 1 pint of full cream milk. Milk products such as yoghurts and milk pudding can be taken as alternatives. Note dairy free/vegan alternatives can also be taken.
- 1 glass of fresh fruit juice e.g. orange juice
- A soft fruit and vegetable each day

Are there any foods you should avoid?

The following foods are difficult to chew and swallow and are best avoided:-

- Bones in fish and chicken
- Pithy segments of orange and grapefruit and skins of fruit
- Fresh white bread, soft rolls and hot buttered toast
- Nuts and dried fruits
- Raw vegetables and salad. Cooked vegetables should be mashed or puréed. Avoid hard chips.
- Hard boiled eggs, unless mashed with salad cream or Mayonnaise
- Tough meats and gristle

Suggestions for meals

- Porridge or instant hot cereal e.g. Ready Brek/Oats So Simple
- Cereals served with hot milk e.g. Weetabix, cornflakes, branflakes
- Yoghurts/soya desserts – choose thick and creamy varieties or Greek yoghurt, fromage frais
- Fruit juice or soft fruits e.g. stewed apple with sugar or mashed banana with milk or cream
- Bread – if you are able, take bread, remove crusts and add margarine, butter, jam, marmalade or cheese spread. You can also add to a soup to make it moist.

Meat and poultry/Quorn/soya products

- All well cooked meat can be minced with a sauce/gravy e.g. minced beef, lamb, pork, chicken and turkey
- Cold meats e.g. corned beef and pastes
- Undiluted condensed soup makes a suitable sauce for meat and poultry. It may need to be strained
- Suitable softer meals include shepherds pie, spaghetti bolognese, corned beef hash, chicken casserole and stew

Fish

Fish dishes e.g. fisherman's pie, fish cakes, boil in the bag fish with sauce, poached cod, tuna or salmon with lots of sauce

Eggs

Try them boiled, with mayonnaise, poached, scrambled, chopped with butter or omelettes.

Cheese/Dairy free cheese

Try main meal dishes such as macaroni cheese or cauliflower cheese.

Potatoes

- Mash potatoes adding milk and butter
- Instant mashed potato is a useful alternative
- Baked potatoes (do not eat skin) with a soft filling such as egg or tuna mayonnaise

Pasta

- Cook pasta until soft. Extra sauce can be added
- Add creamy sauces where possible
- Try macaroni cheese, ravioli or spaghetti

Vegetables

- Cook until soft and mash or puree if necessary
- Fresh, frozen or tinned vegetables are suitable
- Add white or cheese sauces

Puddings

- Try custard, semolina or rice pudding
- Try sponge puddings and custard, trifle, ice cream, milk jelly, blancmange, mousses, yoghurt and crème caramel
- Choose softer fruits e.g. bananas or pears or choose soft tinned fruit in syrup. Mash, stew or purée fruit. Add cream or custard or dairy free dessert

Soups

- All varieties can be strained or liquidised if better tolerated
- Condensed and packet soups can be made with milk instead of water. Also add cream and grated cheese
- If able to eat bread, remove crusts and break into soup

Fluids

Try to aim for 8-10 cups/glasses of nourishing fluid per day
e.g. milk, fruit juice, fizzy drinks, squash, water, tea, coffee

Sample menu

Breakfast

- Porridge made with full fat milk/dairy free alternative with added cream and sugar
- Mashed banana with custard/dairy free dessert

Mid morning

- Thick and creamy yoghurt/dairy free dessert

Lunch

- Chicken soup with added cream
- Slice of bread with crusts removed and butter

Mid afternoon

- Glass of milk and trifle/dairy free dessert

Evening meal

- Flaked fish in cheese sauce, mashed potatoes with butter, mashed carrots
- Jelly served with ice cream and soft tinned fruit in syrup

Supper

- Milkshake or hot chocolate/coffee made with milk
- Slice of bread with crusts removed and cheese spread

Notes

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

Dietitian -

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.
Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT
Thank you

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