

Level 7 - Easy to Chew Diet

Information for patients, relatives and carers



How to achieve the right consistency:

Description / Characteristics

- Normal, everyday foods of a soft / tender texture
- Chewing is required before swallowing and this should not cause tiring easily
- Must have ability to bite off bite-sized food pieces that are soft and tender and safe to chew and swallow
- Remove hard pieces which cannot be swallowed safely
- Can be eaten with fingers, fork, spoon or chopsticks
- Can be mashed / broken down with pressure from fork, spoon or chopsticks
- A knife is not required to cut this food, but may be used to help loading a fork or spoon.
- Sample squashes and does not return to its original shape when pressure is released.

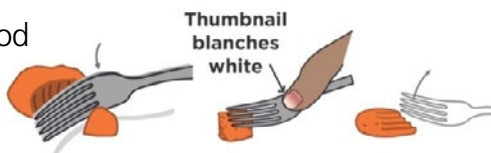
Food size

Food piece is not restricted; therefore foods may be a range of sizes.

Test Methods

Fork/Spoon test

- Must have ability to use pressure with a fork or spoon held on its side to break food apart and 'cut' into small pieces.
- Food squashes and does not return to its original shape when pressure is released i.e. squashed with a fork, spoon or between fingers.



Food Textures to Avoid

Textures which are hard, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle.

Food textures to avoid	Food Example
Mixed thin + thick	Soup with pieces of food
Lumpy	Mashed potato
Hard or dry	Dry cereal
Tough or fibrous	Steak
Chewy	Sweets
Crispy	Crackling
Crunchy	Raw vegetables
Sharp or spiky	Crisps
Crumbly	Dry biscuits
Pips	Orange pips
Skins or shells	Grapes
Husks	Shredded wheat
Bone or gristle	Fish bones
Round long shaped	Sausage
Sticky or gummy	Nut butter
Stringy	Beans
Floppy	Lettuce
Crusty	Cheese topping
Juicy	Watermelon

Meal preparation tips:

- It is important that meals look attractive and appetising
- Ensure foods are well cooked and season to add taste
- To maintain their nutritional quality always enrich foods with nutritious fluids, e.g. gravy, sauces, milk or juices.

How to have a balanced diet:

To maintain health, it is important to eat a balanced diet, therefore try to include the following food groups and portions:

- Carbohydrates: e.g. potatoes, rice, pasta, and cereal (include a portion at each meal meal/ 3 portions per day)
- Protein: e.g. fish, meat, chicken, eggs, lentils/pulses, meat alternatives, e.g. tofu or Quorn (2-3 portions per day)
- Fruit and vegetables: e.g. banana, strawberries, carrot, broccoli (5 portions per day)
- Dairy: e.g. cheese, yoghurt, milk or alternatives (3 portions per day)
- High fibre: e.g. oats and wholegrains and fruit (include a portion at each meal / 3 portions per day).

Suitable menu ideas:

Breakfast:

Fruit is soft enough to break apart into smaller pieces with the side of a fork or spoon (drain any excess liquid). Do not use the fibrous parts of fruit e.g. the white parts of an orange.

Be careful when eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (e.g. watermelon)

- Soft fruit (e.g. banana, tinned peaches, raspberries, stewed apple) and smooth yoghurt/fromage frais
- Pancakes / crumpets
- Well buttered toast
- Weetabix, rice crispies or cornflakes with milk and soft fruit (drain excess liquid before serving)
- Porridge or instant oats with milk and soft fruit
- Homemade smoothie (e.g. fruit, oats and milk)
- Scrambled, boiled or poached egg, beans, skinless sausage, tinned chopped tomato and potato.

Light meals:

- Cream of soups (check fluid recommendations) with bread blended into the soup
- Omelette with cheese sauce
- Jacket potato filling with tuna mayonnaise, baked beans, cream or grated cheese
- Tinned pasta meals e.g. ravioli, macaroni cheese, spaghetti bolognese

- Filling of a quiche
- Soft filling sandwiches, e.g. cheese/tuna mayonnaise.

Main meals:

Ensure to have a portion of protein, carbohydrate and vegetables.

Vegetables are steamed or boiled until tender. Stir fried vegetables may be too firm for this level.

Meat cooked until tender.

- Stews/casseroles
- Corned beef hash
- Cottage/shepherd's pie
- Bolognaise sauces with pasta
- Chilli con carne with rice
- Chicken curry with rice
- Lamb/chicken with soft noodles and a sauce
- Flaked fish or salmon with potatoes, vegetables and parsley sauce.

Make your own meals:

- Meat, chicken or alternative with sauces, e.g. white or cheese sauce, gravy, cranberry, mint or horseradish
- Salmon with hollandaise sauce or white fish with parsley/butter sauce

Served with:

- Mashed potato, sweet potato or rice
- Vegetables, e.g. carrots, cauliflower/cheese, broccoli, parsnips, mushy peas, butternut squash.

Desserts:

- Crème Caramel
- Mousse or instant whip
- Milk puddings: semolina/ground rice
- Yoghurts
- Soft fruit
- Trifles
- Panacotta
- Fruit fool
- Cheesecake topping
- Egg custard filling
- Plain cake with cream or custard
- Dunked and soaked plain biscuits.

What if I need to gain weight?

- Eat on a little and often basis
- Add additional double cream, sauces, butter, cheese, dried milk powder, or full fat milk or enriched milk to your meals and instead of your meals and desserts
- Add sugar, jam, honey or syrups to cereal and desserts
- Avoid all low fat or 'light' products
- Use full fat or thick and creamy food products
- Try to have a dessert or high calorie snack between meals
- Try to have a dessert, or pudding after main meals
- Avoid drinks just before meals
- Try to have milky/nourishing drinks between meals.



Getting help:

If you notice changes to your own swallow (eating / drinking), or that of an individual you support or care for, please contact your local Speech and Language Therapy Team for advice.

Doncaster Speech and Language Therapy Service

01302 796336

If you notice a reduction in appetite or weight, or that of an individual you support or care for, please contact your local Dietetic Team for advice.

Doncaster Dietetic Service

01302 796410

Adult Learning Disability Team Speech and Language Therapy Service

01302 796467

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Amharic

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Arabic

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Bengali

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Cantonese (traditional Chinese)

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Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با جاب درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم زانیاریانە بە چۆنی گۆره، برائیل یان لەسەر شریتی دەنگی دەخوازیت باخود تۆم بەلگنامە بە دیگە دەخوازیت، تکلە پامۆندی بکە بە خزمەتگۆزاری زینامی و هاواناهنگی نەخۆشە بە ژماره 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਨਾ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੇ ਵੇ ਨਾ ਇਸ ਸਮਝਾਵੇਨ ਨੂੰ ਹੋਰ ਤਰ੍ਹਾਂ ਵਿੱਚ ਚੱਟੇ ਵੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਸਲਾਹ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

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Turkish

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Urdu

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Vietnamese

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This information is correct at the time of publishing
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