

Level 3 Liquidised Diet

Information for patients, relatives and carers



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Description / Characteristics

- No biting or chewing required.
- Can be drunk from a cup.
- Can be eaten with a spoon.
- Cannot be piped, layered or moulded on a plate - would not hold its shape.
- Cannot be eaten with a fork because it drips through the prongs.
- No chewing required – can be swallowed straight away.
- Smooth texture with no 'bits' (lumps, fibres, bits of shell, husks, particles of gristle or bone or skin).

Test Methods

Fork/Spoon test

- Drips slowly in dollops through the prongs of a fork
- Prongs of a fork do not leave a clear pattern on the surface
- Spreads out if spilled onto a flat surface
- Easily pours from a spoon when tilted, does not stick to a spoon.

Finger test

It is not possible to hold a sample of this food texture using fingers, however, this texture slides smoothly and easily between the thumb and fingers, leaving a coating.

Meal preparation tips:

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

Important

Sauces must be added before blending OR if added afterwards must be prepared to level 3 consistency. This will ensure that the meal is the correct single, smooth texture.

How to have a balanced diet:

All food groups must be prepared as per the above level 3 guidance (Liquidised).

- Carbohydrates: e.g. potatoes, tinned pasta shapes (pureed/liquidised), and cereal such as pureed/liquidised e.g. Ready brek (include a portion at each 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, carrot, broccoli (5 portions per day)
- Dairy: e.g. cheese, smooth yoghurt, chocolate custard, 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:

The following ideas are suitable to be modified and must meet the following requirements and made into the consistency as described previously.

Breakfast:

Must be liquidised.

- Soft fruit (e.g. banana, tinned peaches, raspberries, stewed apple and smooth yoghurt/fromage frais)
- Weetabix, rice crispies or cornflakes with milk and soft fruit
- Smooth porridge or instant oats with milk and soft fruit
- Homemade smoothie (e.g. fruit, oats and milk)
- Scrambled, boiled or poached egg, beans, sausage, chopped tomato and potato.

Light meals:

Must be liquidised.

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

Main meals:

Must be liquidised.

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

- 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:

Stage 3 liquidised.

- 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, blended with milk
- Vegetables, e.g. carrots, cauliflower/cheese, broccoli, parsnips, mushy peas, butternut squash.

Desserts:

Must be liquidised.

- Crème Caramel
- Mousse or instant whip
- Smooth milk puddings: semolina/ground rice
- Smooth yoghurts
- Soft fruit
- Smooth trifles
- Panacotta
- Smooth fruit fool
- Cheesecake topping
- Egg custard filling
- Plain cake with cream or custard.

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

03000 218996

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

03000 218996

Adult Learning Disability Team Speech and Language Therapy Service

03000 212878

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