

Level 7 - Easy to Chew Diet

Information for patients, relatives and carers



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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
- The removal of hard pieces which cannot be swallowed safely is required
- 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 it's original shape when pressure is released.

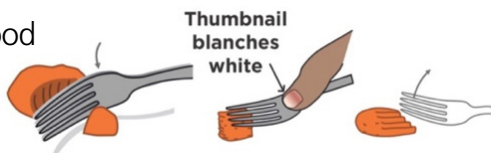
Food size

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 it's 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	White of an orange
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

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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Amharic

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Arabic

إذا أردت الحصول على هذه الوثيقة باللغتين الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المرضى Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইজিস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

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 چاپ 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 ئەرێنەرێنێن بە چۆنی گۆره، برائیل یان لەمەسر شریتی دەنگی دەمخواریت باخود ئەم بەلگەنامە بە بە زمانێکی دیکە دەمخواریت، تکلێه پەموندی بکە بە خزمەتگۆزای زینماپی و هاوئاھەنگی ئەمخۆشە بە ژمارە 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 ਨਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਵੇਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشکش ایڈوائس اور سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

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This information is correct at the time of publishing
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