

## Level 3 Liquidised Diet

Information for patients, relatives and carers



# RDaSH

nurturing the  
power in our  
communities



## 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

These are **not** official IDDSI resources, educational materials or education programs and they are **not** meant to replace materials and resources on [www.IDDSI.org](http://www.IDDSI.org)



© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework/> Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>. Derivative works extending beyond language translation are NOT PERMITTED.

PhotoS: p6 ©envato/Feirlight; p8 ©envato/ff-photo



DP8631/11.24