



# Beacon Hospital

## Department of Speech and Language Therapy

### Advice on Semi-Solid Diet

- Food should be of a smooth consistency.
- Some foods may have to be sieved or liquidised (pureed) to remove any lumps, particles or stringy bits.
- Some foods may need to be thickened.
- You should not have to chew your food.
- You should be able to eat this food with either a fork or spoon.
- Food can be piped or moulded to improve presentation.

	<b>Suggested foods / ideas for dishes</b>	<b>Foods to Avoid</b>
Bread, cereal, rice, pasta, noodles	<ul style="list-style-type: none"> <li>• Breakfast cereals well moistened with milk - porridge / weetabix / readybrek</li> <li>• Small well-cooked pieces of pasta eg. moist macaroni cheese (most pasta dishes will require mashing or blending)</li> <li>• Flesh of baked potatoes, mashed, with soft fillings eg egg mayonnaise, grated cheese, bolognaise sauce</li> <li>• Boiled potatoes peeled, mashed with butter, milk and cream (optional)</li> <li>• Sweet rice</li> <li>• Risotto, with no bits eg. mushrooms etc</li> </ul>	<ul style="list-style-type: none"> <li>• All breads, sandwiches, pastries, crackers and dry biscuits</li> <li>• Course or hard breakfast cereals that do not moisten easily eg muesli, bran cereals.</li> <li>• Savoury rice as it doesn't hold together eg. Long-grain, basmati, par-boiled.</li> <li>• Crispy or dry pasta</li> <li>• Chips</li> <li>• Couscous</li> <li>• Noodles</li> </ul>
Meat, fish, poultry, eggs	<ul style="list-style-type: none"> <li>• *Casserole dishes – blending is required to reduce the particle size</li> <li>• *Stews – blended and thickened</li> </ul>	<ul style="list-style-type: none"> <li>• Dry meats / chicken</li> <li>• Tough meats / chicken</li> <li>• Chewy meats / chicken</li> <li>• Crispy meats / chicken</li> </ul>

	<ul style="list-style-type: none"> <li>• Blended or mashed fish with a sauce – no bones</li> <li>• Very soft or moist egg dishes eg. Scrambled eggs, soft, smooth omelettes</li> <li>• Well cooked beans (partially mashed)</li> </ul>	<ul style="list-style-type: none"> <li>• Meat with gristle</li> <li>• Fried eggs</li> <li>• Pizza</li> <li>• Dry, tough, chewy or crispy egg dishes or those that cannot be easily mashed</li> <li>• Quiche</li> <li>• Crumbed fish / chicken</li> <li>• Batter on fish</li> </ul>
	<b>Suggested foods / ideas for dishes</b>	<b>Foods to Avoid</b>
Milk, yoghurt, cheese	<ul style="list-style-type: none"> <li>• Milk*, milkshakes*, smoothies*</li> <li>• Smooth yoghurts</li> <li>• Fromage frais</li> <li>• Grated cheddar cheese, mixed with a dish</li> <li>• Spreadable cheeses e.g. laughing cow</li> </ul> <p>Choose full-fat varieties of these instead of the low-fat alternatives</p>	<ul style="list-style-type: none"> <li>• Yoghurts with crumbles</li> <li>• Yoghurts with nuts</li> <li>• Yoghurts with small soft fruit pieces</li> <li>• Lumps of hard cheese, chewy or stringy cheese</li> <li>• Soft cheese that is sticky or chewy, eg Camembert</li> </ul>
Desserts	<ul style="list-style-type: none"> <li>• Smooth puddings, dairy desserts, custards, yoghurt as above, ice-cream (not melted)</li> <li>• Soft, sponge cake desserts soaked with lots of cream, custard or ice-cream eg sponge &amp; custard, tiramisu, Eves pudding- no apple slices</li> <li>• Queen of puddings, <u>soft</u> bread &amp; butter pudding – crusts cut off</li> <li>• Soft fruit-based desserts eg fruit fool, stewed fruit – serve with cream, ice-cream, custard</li> <li>• Creamy milky puddings eg rice pudding, semolina, tapioca, sago, angel delight, smooth trifle</li> </ul>	<ul style="list-style-type: none"> <li>• Desserts with large, hard or fibrous fruit particles, seeds or coconut</li> <li>• Pastry or hard crumbles</li> <li>• Crispy, hard bread-based puddings</li> </ul>
Vegetables and fruit	<ul style="list-style-type: none"> <li>• Tender cooked</li> </ul>	<ul style="list-style-type: none"> <li>• All raw vegetables</li> </ul>

	<ul style="list-style-type: none"> <li>vegetables, easily mashed with a fork</li> <li>• Stewed fruit</li> <li>• Mashed up soft fruits eg banana with cream</li> <li>• Pureed fruit</li> <li>• Fruit juices *</li> <li>• Mushy peas</li> </ul>	<ul style="list-style-type: none"> <li>including shredded and chopped</li> <li>• Hard, fibrous or stringy vegetables eg. broccoli stalks, celery</li> <li>• Frozen peas and sweetcorn</li> <li>• Large/round pieces that pose a choking risk eg whole grapes, cherries</li> <li>• Dried fruit, seeds or pips</li> <li>• Fruits too hard to be mashed</li> <li>• Fibrous fruit eg pineapple, orange segment with pith</li> </ul>
Miscellaneous	<ul style="list-style-type: none"> <li>• Soup* – All varieties can be used – strain or liquidise as required.</li> <li>• Plain biscuits dunked in tea/coffee completely saturated</li> <li>• Very soft smooth chocolate, Nutella / chocolate mousse</li> <li>• Jams and marmalades without seeds or fruit</li> <li>• Syrup – maple or golden</li> </ul>	<ul style="list-style-type: none"> <li>• Soups with pieces of vegetables, meats or pasta</li> <li>• Sticky or chewy foods eg toffee, marshmallows, fruit jellies</li> <li>• Popcorn, crisps, chips, biscuits, crackers, nuts, edible seeds</li> <li>• Crunchy peanut butter</li> </ul>

\* = Adjust to the recommended fluid consistency i.e. may require thickening

Please contact the **Speech and Language Therapy Department** on **(01) 293 6692** for further information or for swallow assessment or review