Beacon Hospital

Department Of Speech and Language Therapy

Advice on Soft Diet

Changing the texture of your food may make swallowing easier and safer.

Foods should be of a soft consistency, easy to chew
Foods should be easily broken with a fork
Foods should be moist – sauces or gravies may be required

	Foods Allowed	Avoid
Bread, cereals, rice, pasta, noodles	• Fresh soft bread, crusts cut off. • Soft sandwiches with very moist fillings eg. Egg and mayonnaise, tuna and mayonnaise (remove crusts and avoid bread with seeds and grains) • Breakfast cereals well moistened with milk - porridge / weetabix / readybrek / cornflakes soaked in milk • Many varieties of soft pasta inc ravioli • Noodles • Rice (well cooked) • Soft pastry eg quiche base • Other, soft, cooked grains. • Flesh of baked potatoes with soft fillings eg egg mayonnaise, grated cheese, bolognaise sauce	• Dry or crusty breads • Breads with hard seeds or grains • Hard pastry • Pizza • Toast • Course or hard breakfast cereals that do not moisten easily eg muesli, bran cereals. • Cereals with nuts, seeds and dried fruit.
Meat, fish, poultry, eggs,	• Tender minced beef or well	• Dry, tough chewy or

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nuts	cooked lamb, ham, pork or chicken, cut up into small pieces with lots of sauce • Casseroles with small pieces of tender meat • Try dishes such as chicken supreme, shepherds pie, moussaka or corned beef hash • Some cold meats may also be suitable – thinly sliced ham or turkey • Smooth Pate • Moist fish (easily broken up with the edge of a fork) • Steamed, baked, microwaved fish (bones removed) – served with a cheese, parsley or white sauce • Tinned salmon, tuna and mashed sardines (bones removed) • Eggs (all types except fried) – boiled, poached, scrambled, omelettes, quiche. • Well cooked legumes eg baked beans, lentils •	crispy meats • Meat with gristle • Fried eggs • Pizza
Vegetables, legumes	• Well cooked vegetables, served in small pieces, or soft enough to be mashed if necessary with butter using a fork • Soft canned vegetables eg peas • Well cooked legumes eg beans	• All raw vegetables including shredded and chopped • Frozen peas and sweetcorn • Hard, fibrous or stringy vegetables eg. Sweetcorn, broccoli stalks
	Foods Allowed	**Avoid**
Desserts	• Puddings, dairy desserts,	• Dry cakes, pastry,

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	custards, yoghurt, fromage frais, ice-cream (may have pieces of soft fruit) • Moist cakes (Extra moisture may be required eg custard, cream) • Soft fruit-based desserts eg fruit fool • Creamed rice, sago, tapioca, semolina puddings • Moist bread and butter pudding • Sponge, jam roll, eve's pudding should all be served with custard, cream or ice-cream • Trifle, blancmange, instant desserts eg. Angel Delight	nuts, seeds, coconut, dried fruit, pineapple • Crumble, flaky or crumbly pastry
Fruit	• Fresh fruit pieces that are naturally soft eg banana • Stewed fruit / pureed fruit • Canned fruit in small pieces • Fruit juice	• Large/round pieces that pose a choking risk eg whole grapes, cherries • Hard fruits that require chewing eg apples • Dried fruit or seeds • Fibrous fruit eg pineapple
Miscellaneous	• Soup (may contain soft lumps eg. Pasta) • Condensed or packet soups can be made with milk • Soft fuit jellies or non-chewy jellies • Soft smooth chocolate • Jams and condiments without seeds or dried fruit	• Soups with large pieces of meats or vegetables, corn or rice • Sticky or chewy foods eg toffee • Popcorn, crisps, chips, biscuits, crackers, nuts, edible seeds • Crunchy peanut

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		butter

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

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