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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगाहूँ उरुममे दी लेख वै उं विरथा करके इस नंघर उे बेन करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Soft Diet

Speech and Language Therapy



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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USEFUL WEBSITES

The British Dietetic Association

<http://www.bda.uk.com>

Patient Name:

Date:

Dietitian:

Contact details:

Speech & Language Therapist:

Contact details: 01932 722868 (St Peter's Hospital)
01483 846238 (Bradley Unit)

INTRODUCTION

Swallowing problems can occur due to a number of medical conditions including stroke, head injuries, post-surgery, respiratory disorders and where the muscles used for chewing and swallowing food safely may not be working adequately.

A **Speech and Language Therapist** (SLT) may suggest a soft diet to assist safe swallowing. This is to help with the chewing and swallowing of food.

A **Dietitian** may advise you on the appropriate foods for this consistency and on how to ensure your diet remains well-balanced.

WHAT IS A SOFT DIET?

A soft diet should always be moist with only soft lumps, which can be easily chewed. Some foods are already soft enough to eat, but others may need to be served with extra gravy or sauce. It requires some chewing, but normal muscle strength and teeth are not necessary.

If you are on a soft diet you should **not** have foods that are:

- **Mixed consistency** (e.g. yoghurt with fruit pieces, muesli, soup with meat/vegetable pieces)
- **Hard** (e.g. pieces of apple)
- **Chewy** (e.g. toffees)
- **Crunchy** (e.g. nuts & seeds)

- **Stringy or floppy** (e.g. green beans, celery, tough & stringy meat, lettuce)
- **Sticky** (e.g. marshmallows, cheese chunks)
- **Dry and crumbly** (e.g. biscuits, cake, toast, samosas dry meat, rice)
- **Have pips, skins or gristle** (e.g. peas, sweetcorn, sausages with skins, grapes)

KEEPING A BALANCED DIET

Try to have the following:

- 3 portions a day of starchy foods e.g. potatoes, cereal
- 2-3 portions a day of protein foods e.g. meat, fish, eggs
- 5 portions a day of fruit and vegetables
- 3 portions a day of dairy foods e.g. milk, cheese, yoghurt
- Foods containing fat and sugar - quantity will depend on whether you are underweight or overweight and if you have diabetes

PREVENTING WEIGHT LOSS

Difficulty with eating may result in smaller amounts of food being consumed. It is important that the foods you eat have a high energy content and you may need to eat “a little and often” to prevent weight loss.

Examples of ways to enrich your foods:

- use full fat dairy products
- mix 3-4 tablespoons of milk powder, e.g. Marvel or supermarket own brand, to 1 pint of full cream milk - use in puddings etc.
- add mayonnaise, olive oil, butter or margarine to foods such as eggs, potatoes, pasta, vegetables etc.
- add grated cheese to soups, casseroles, pasta, potatoes, vegetables etc.
- add cream or custard to desserts
- choose thick and creamy smooth yogurts and avoid ‘healthy eating’/low- calorie foods

High energy drinks and soups e.g. Meretine, Complan can be purchased from supermarkets and chemists. If you continue to lose weight please contact your Dietitian or GP for further advice.

FLUIDS

If you have been advised to thicken your drinks it is important to follow the recommendations of the SLT. Aim to drink 6-8 cups of fluid a day to avoid dehydration. Include fruit juice daily for Vitamin C.

Pre-thickened juice drinks are available on prescription.