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

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# Texture E Fork Mashable Diet



## 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 fork mashable dysphagia 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 FORK MASHABLE DYSPHAGIA DIET

A fork mashable dysphagia diet should always be soft, tender and moist but needs some chewing. It can be mashed up with a fork. It usually requires a thick, smooth sauce or gravy. You should ensure you cut your food into small pieces.

If you are on a fork mashable dysphagia 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)

## 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)

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### 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](mailto: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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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, vegetables etc.
- add grated cheese to soups, casseroles, 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. Mertine, Complan can be purchased from supermarkets and chemists. If you continue to lose weight please contact your Dietitian or GP for further advice.

**Manufactured baby foods have a low nutritional value for and are not suitable for use on an adult diet**

## 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.

- **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

## BREAKFAST IDEAS

- Porridge with milk or cream
- Weetabix soaked with milk (can be hot milk)
- Mashed Banana
- Scrambled egg - creamy or moist
- Smooth yoghurt / Fromage Frais

## MEAL IDEAS

Remember all these foods should be soft, tender and moist and could be mashed with a fork

- Mashed corned beef
- Cream cheese or cottage cheese
- Mashed potato
- Smooth thick soups
- Fish pie
- Fish in sauce
- Casserole
- Stew
- Mashed cauliflower cheese
- Cottage pie
- Minced chicken in sauce
- Minced pork in gravy
- Minced turkey in gravy
- Minced roast lamb in gravy

\*\* Minced meats must be very finely minced (pieces approx. 15mm). No hard bits of mince.

## FRUIT & VEGETABLES

- Mashed boiled vegetables without skins or husks
- Mushy peas (no husks)
- Mashed tinned fruit (remove excess juice)
- Mashed tinned vegetables (remove excess juice)

## DESSERTS

- Mashed banana
- Mashed tinned fruit (remove excess juice)
- Well stewed fruit with skins removed
- Semolina
- Custard
- Mousse
- Blancmange
- Banana custard
- Smooth yoghurt
- Rice pudding
- Ice cream\*\*
- Jelly\*\*

**\*\* If a person is recommended to be on thickened fluids, these items may not be suitable as they melt to a thinner liquid consistency in the mouth. Please consult your Speech and Language Therapist for advice.**

Ready made fork mashable dysphagia diet meals are available from some companies e.g. Wiltshire Farm Foods.

## 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.