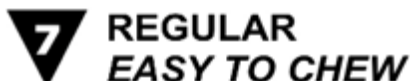


Patient information

Level 7 Regular Diet – Easy to Chew

Speech and Language Therapy



Food will need to be soft, tender and moist. Chewing is required before swallowing. You should be able to bite off pieces of food, and remove hard pieces of food independently.

Following assessment of your swallow, you have been advised to have easy to chew options from a regular diet.

When correctly prepared, regular – easy to chew food:

- Requires the individual to bite off pieces of food.
- Can be eaten with a fork, spoon or your fingers.
- Has no size restriction.
- May have liquids and solids mixed together e.g. lumpy soups or breakfast cereals.
- Has no skin, bones, gristle, pips, seeds or fibrous bits.
- Stays squashed when pressed with the back of the fork.
- Is not hard, tough, chewy, fibrous, stringy, crunchy or crumbly (see below for more detail).

The following foods are not suitable for people having regular – easy to chew diet:

- Crunchy foods e.g. crisps, apples, dry toast.
- Vegetable and fruit skins, especially if not mixed into other food or sauce e.g. tomatoes, peas, grapes, sweetcorn, beans.
- Stringy and fibrous foods e.g. lettuce, celery, pineapple, oranges.
- Tough and chewy meat e.g. fatty bacon, gammon steaks, pork chops.
- Hard foods e.g. sweets, nuts, seeds.
- Skinned foods.

If you have any allergies or specific requirements please consult your dietitian.

Advice to promote swallow safety:

- Ensure you are upright and alert for all meals and drinks.
- Stay upright for at least 30 minutes after each meal or drink.
- Try not to talk whilst eating and drinking.
- Take small mouthfuls of food and drink.
- Avoid distractions during mealtimes.

Examples of regular – easy to chew food:

Category	Examples
Breakfast	Yogurt Cheese omelette Weetabix mixed with warm milk ReadyBrek Porridge Cereals (served with milk of appropriate thickness) Toast with plenty of butter / jam / spread (with crusts removed) Banana with yogurt Scrambled or boiled eggs
Meat	Cooked tender meat with no bone or gristle
Fish	Tinned or freshly cooked fish with no bones Should be soft enough to break apart with a fork, knife or chopstick
Other mains / snacks	Pasta Chilli con carne (ensure kidney beans are well cooked to soften the skins) Soups Soft filled sandwiches e.g. egg mayonnaise Rice Cous cous Quinoa
Vegetarian	Hummus Soft tofu Soft pulses (ensure no tough skins) Cauliflower cheese Macaroni cheese Grated cheese with sauce / mayo Jacket potato (you may need to have the skin removed)
Fruit and vegetables	Fruit should be soft enough that if desired, it could be broken apart into pieces with the side of a fork / spoon Stewed fruit Banana Steamed or boiled vegetables Mashed or soft boiled potato Soft cooked vegetables e.g. cauliflower, broccoli, butternut, parsnips, swede, carrot
Puddings	Biscuits dipped in a warm drink Mousse Yogurt Soft sponge cake served with custard or cream Trifle Custard Rice pudding Crumble if served with enough custard / cream to ensure no loose crumbs Ice cream or jelly - not suitable for those on thickened fluids

Snacks	Hummus Mashed avocado Tuna or egg mayo Pate.
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Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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Broadgreen Hospital

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Royal Liverpool Hospital

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International Dysphagia Diet Standardisation Initiative (IDDSI)

<https://iddsi.org/framework/>

Author: Therapies Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhaddo kale, sida luqaddo kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.