

## Patient information

# Level 6 Soft Bite Sized Diet

## Speech and Language Therapy

### 6 SOFT & BITE-SIZED

Food will need to be soft and moist. Any pieces should be small. It requires some chewing but is not tough or fibrous. It should be soft enough that one could mash it with a fork.

Following assessment of your swallow, you have been advised to have a Level 6 Soft and Bite-Sized Diet.

#### When correctly prepared, soft and bite-sized food:

- Is soft, tender and moist.
- Requires some chewing.
- Is soft enough that it could be mashed with a fork, spoon or chopsticks.
- Usually requires a thick sauce.
- Has no tough, hard, chewy, fibrous, stringy, dry, crispy, crumbly or crunchy bits.
- Should not have any skin, bone or gristle.
- Should not be sticky e.g. marshmallows.
- Should not have any runny fluids.
- Food should be in bite-sized pieces, no bigger than 15mm by 15mm  
This is the biggest any piece should be:



#### Food Preparation:

- Vegetables need to be cooked until soft and then mashed or cut up into cubes no bigger than 15mm by 15mm.
- Meat should be cut up into pieces no bigger than 15mm by 15mm and cooked until tender in a thick sauce.
- All sauces need to be thick.

**The following foods are not suitable for people having soft and bite-sized meals:**

- Crunchy foods e.g. biscuits, crisps, flaky pastry, toast.
- Vegetables and fruit skins 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.
- Mixed consistency foods e.g. rice crispies in milk, mince with thin gravy.
- Hard foods e.g. sweets, nuts, seeds.

**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 soft and bite sized food:

Category	Examples
<b>Breakfast</b>	<p>Yogurt</p> <p>Soft omelette with soft cheese (cut up into pieces)</p> <p>Weetabix mixed with warm milk (ensure milk fully absorbed so texture is thick)</p> <p>Thick ReadyBrek</p> <p>Thick porridge</p> <p>Stewed fruit / mashed banana with yogurt</p> <p>Soft scrambled egg</p> <p>Soft and then mashed / cut up boiled egg</p> <p>Mashed smoked haddock with plenty of butter / cream / milk</p>
<b>Meats</b>	<p>Small pieces of tender meat in a casserole or curry</p> <p>Minced meat pies e.g. cottage or shepherd's pie</p> <p>Corned beef hash</p>
<b>Fish</b>	Tinned or freshly cooked fish with no bones, served with a thick sauce
<b>Other mains</b>	<p>Small pasta with thick sauces</p> <p>Chilli con carne (ensure kidney beans are well cooked to soften the skins)</p> <p>Thick soups with very small or no bits</p>
<b>Vegetarian</b>	<p>Hummus</p> <p>Crumbled tofu</p> <p>Soft pulses (ensure no tough skins)</p> <p>Cauliflower cheese with cauliflower cut small</p> <p>Macaroni cheese</p> <p>Grated cheese with sauce / mayo</p> <p>Soft cheese such as cream or cottage cheese</p> <p>Jacket potato (skin removed and cut up into pieces)</p>
<b>Fruit and vegetables</b>	<p>Stewed fruit</p> <p>Banana – cut into small pieces</p> <p>Mashed or soft boiled potato</p> <p>Soft cooked vegetables e.g. cauliflower, broccoli, butternut, parsnips, swede, carrot</p> <p>Baked potato, with butter or cream cheese</p>
<b>Puddings</b>	<p>Biscuits dipped in a warm drink</p> <p>Mousse</p> <p>Yogurt</p> <p>Soft sponge cake cut up and served with custard or cream</p> <p>Trifle</p> <p>Custard</p> <p>Rice pudding</p> <p>Crème caramel</p> <p>Ice cream or jelly - <b>not suitable if you are on thickened fluids</b></p>
<b>Snacks</b>	<p>Hummus</p> <p>Mashed avocado</p> <p>Tuna or egg mayo</p> <p>Pate.</p>

## **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**

### **Speech and Language Therapy Department**

#### **Aintree Hospital**

**Telephone: 0151 529 4986**

**Text phone number: 18001 0151 529 4986**

#### **Broadgreen Hospital**

**Telephone: 0151 282 6318**

**Text phone number: 18001 0151 282 6318**

#### **Royal Liverpool Hospital**

**Telephone: 0151 706 2703**

**Text phone number: 18001 0151 706 2703**

#### **International Dysphagia Diet Standardisation Initiative (IDDSI)**

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

**Author: Therapies Department**

**Review date: December 2024**

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

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری ییوندیدار یو نه خوشانهی له لایهن تراستاموه پسماند کر اون، ننگم داوا بکریت له فورمانگانی تر دا بریتی له زمانگانی تر، نیزی رید (هاسان خویندنامه)، چاپی گموره، شریتی دنگگ، هلی موون و نلیکترونیکي همه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字  
体、音频、盲文、穆恩体 ( Moon ) 盲文和电子格式，敬请索取。

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