

Patient information

Level 3 Liquidised Diet

Speech and Language Therapy

 **LIQUIDISED**

Your food will need to be cooked until soft and then put through a blender or liquidiser to achieve the right consistency. You are likely to need to add liquid to water it down. You will need to sieve the food to remove any lumps or bits.

Following assessment of your swallow, you have been advised to have Level 3 Liquidised diet.

Once correctly prepared, liquidised food:

- Can be drunk from a cup.
- Is too thin to eat with a fork.
- Should leave a coating on the back of a spoon.
- Does not require chewing.
- Is smooth throughout with no 'bits' or lumps – you may need to sieve it to achieve this.
- Is moist.
- Is too thin to be piped or layered on a plate.
- Should not be sticky in the mouth e.g. peanut butter
- Should not have garnish.
- Should not have any crusts / skins.

Food preparation:

- Cook food until it is soft and then cut into small chunks before blending.
- Remove tough skins or large seeds before blending.
- Blend dry foods e.g. meat with extra sauce to prevent them becoming too thick or sticky. Some examples are listed below:
 - Add gravy to meat.
 - Add white sauce/cream to fish.
 - Add baked beans in tomato sauce to egg.
 - Add custard/cream to cake.

Foods that may not blend well without passing through a sieve:

- Lettuce.
- Raw vegetables.
- Stringy vegetables e.g. celery, string beans.
- Meat containing gristle e.g. sausages.
- Fibrous meats e.g. gammon, pork chops.

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

Advice to enhance swallow safety:

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

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

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 پیوه‌ندیدار بهو نه‌خوشانه‌ی له‌لایمن تراستموه پامسند کراون، نهمگر داوا بکرنیت له فورمات‌کائی تردا بریتی له زمانه‌کائی تر، نیزی رید (هاسان خویندنه‌موه)، چاپی گموره، شربتی دنگ، هیلی موون و نملیکترؤنیکي همبه.

所有經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.