

Patient information

Contact Dietitian:

Telephone No:

Soft Diet

The following advice and meal plan provides some tips on how to provide a soft diet, and gives some ideas for soft meals and snacks.

- Taking foods “little and often” maybe more manageable – aim for small frequent meals and snacks every 2 – 3 hours.
- Try using sauces, gravy, butter, cream or custard to soften foods, e.g. have fish in sauce, sponge with custard or cream.
- Soften foods by chopping, mincing or mashing.
- Small sips of drink with a meal can help to moisten your food.
- Meats should be well cooked and tender – try stewing, casseroles etc.
- Warm foods may be more soothing. Allow a piping hot meal or drink to cool before eating or drinking.
- Try to avoid foods that require a lot of chewing and are difficult to swallow e.g. tough gristly meat, bread, rice, raw vegetables and nuts.
- You **may** need to take nutritious drinks between your meals to supplement your intake. Your Dietitian will advise you about this.

Menu Ideas for Meals and Snacks

Meat and Poultry

- Shepherd's pie, cottage pie, corned beef hash, meat loaf.
- Minced meats and gravy or sauce.
- Sausages (may be easier to manage if skinless).
- Tender meat in stews, hotpots or casseroles.
- Potted meats and pates.

Fish

- Flaked fish in white/cheese/parsley sauce.
- Fisherman's pie, fish mornay, fish and potato nests.
- Fish mousse or light pate.
- Tinned fish e.g. tuna, salmon, sardines.

Eggs

- Served scrambled, poached, boiled or as an omelette (add cheese if desired).
- Egg mayonnaise.
- Egg dishes e.g. sweet/savoury egg custard, soufflés.
- Whisk into milk puddings prior to cooking.
Always ensure eggs are well cooked.

Pasta Dishes

- Lasagne, moussaka, bolognese sauce over pasta.
- Macaroni cheese, ravioli.
- Pasta in creamy sauce e.g. carbonara.

➤ Potatoes and Vegetables

- Soft Carrots, turnip, swede, cauliflower, marrow are easily mashable.
- Add extra butter/margarine.
- Try adding grated cheese.
- Serve with a white/cheese sauce or gravy.
- Instant mashed potato is a quick alternative.
- Mash the inside of a jacket potato with butter and add a suitable filling.

Menu Plan for Soft Choices

Breakfast:

- Porridge, Ready Brek, Weetabix, Cornflakes (made fortified milk and sugar or honey).
- Scrambled eggs made with mild and butter/margarine.
- Soft fruit e.g. banana, stewed apple, pear, melon.
- Glass of fruit juice.

Mid-morning:

- Milky drink (ideally made with fortified milk).
- Snack – see list.

Lunch:

- Tender meat in gravy, shepherd's pie, chicken pie, chicken stew.
- Fish e.g. fish in parsley sauce.
- Pasta with sauce e.g. macaroni cheese.
- Mashed potato with added butter, cream or cheese.
- Soft vegetables e.g. carrots, cauliflower with butter, cheese or a sauce.

If you feel full up after your main course, you may prefer to leave your dessert until later.

- Milk pudding e.g. rice pudding.
- Sponge pudding and cream, ice cream, custard.

Mid-afternoon:

- As for mid-morning.

Evening Meal:

- Jacket potato with butter and soft filling e.g. tuna with mayonnaise or tinned spaghetti.
- Soup with added pasta, cream, cheese or meat.
- Soft bread and butter/margarine with cream cheese, pâté or meat paste.
- Omelette with cheese.

Supper:

- Warm milky drink e.g. hot chocolate, Horlicks, Ovaltine.
- Biscuits (Soften by dunking in a warm drink) or soft cake.
- Cereal with fortified milk and sugar or honey.

For those who may be experiencing weight loss, full fat and sugar products should be used e.g. full cream milk and creamy yoghurts.

You may also like to refer to the sore mouth and food fortification advice sheets available.

➤ Desserts and Snacks

- Sponge pudding with custard/cream/ice cream.
- Milk puddings e.g. rice pudding, semolina.
 - Milk puddings can be fortified with milk substitute
 - (4tbsps of dried milk powder to 1pnt of full cream milk)
- Whip, mousse, fruit fool, jelly, crème caramel,
 - blancmange, trifle.
- Dip biscuits in warm drinks to soften.
- Pancakes-savoury with a sauce, sweet with cream
 - Or ice cream.
- Yoghurt, fromage frais, milk jelly.
- Ice cream, sorbet.
- Dairylea triangles, Primula cheese spread.
- Tinned/stewed/mashed fruit with cream, custard,
 - Ice cream, yoghurt.

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