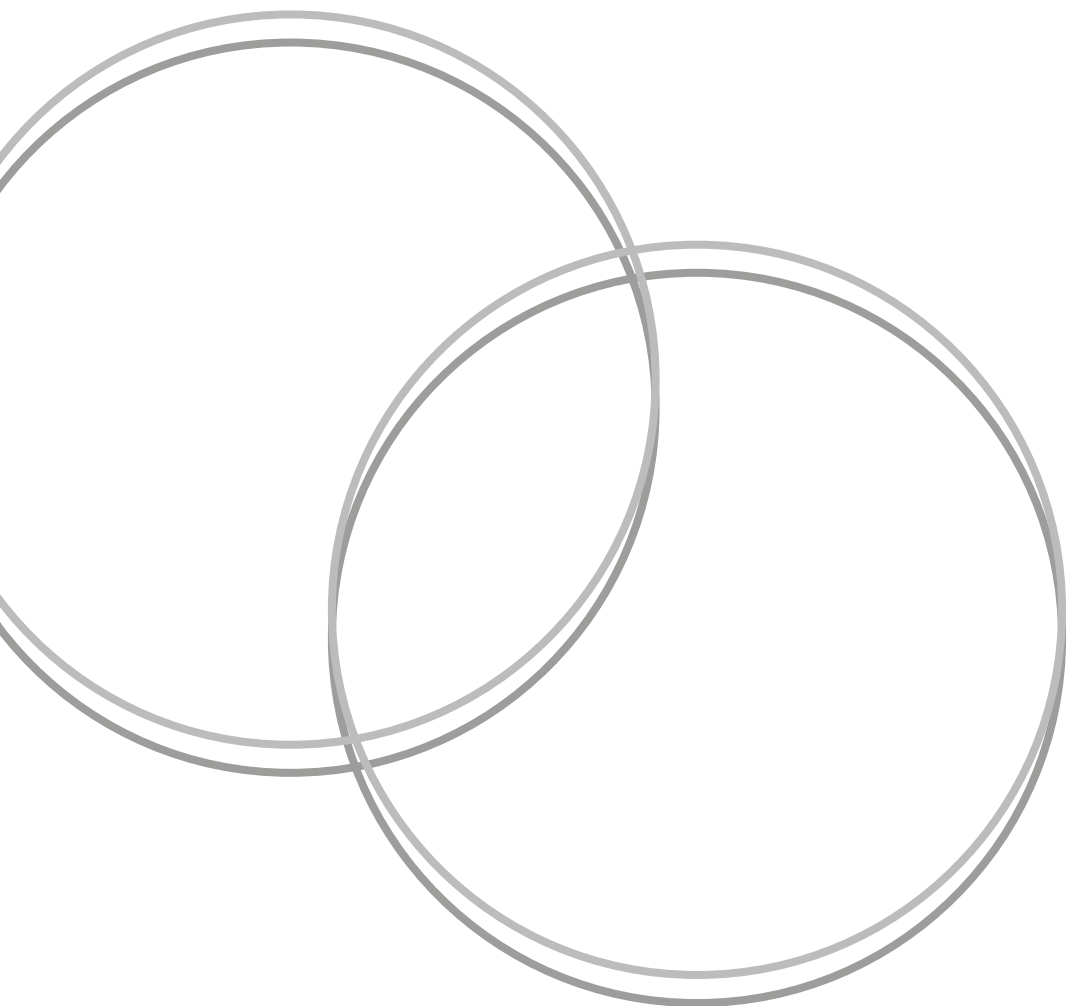


# Modified Texture: Level 7 Easy to Chew Foods



## Introduction

You may need to change the texture of your food and drink if you:

- have problems chewing or swallowing your food
- have a dry or sore mouth
- have a sore throat
- feel that food is getting stuck in your food pipe (oesophagus)
- cough during or after eating or drinking
- have a gurgly voice after eating
- have recurrent chest infections
- choke on certain food or drinks more than others

The texture that you need will depend upon the problems that you are having when eating. This may change over time and your Speech and Language Therapist will be able to let you know if this is the case.

If you have been given specific advice about food textures or thickening fluids from a Speech and Language Therapist you must follow these guidelines for safety reasons.

Whatever texture you have been advised to have, it is important that you receive the nourishment that your body needs. This leaflet is designed to help you choose suitable foods that will keep you healthy and help your body to cope with any treatment that you need.

# A balanced diet

It is very important that your meals are well balanced to give you all the nutrients that your body needs. There are five different food groups that provide you with different nutrients as follows:

## 1. Bread, other cereals, potatoes, pasta and rice

These starchy foods provide your body with energy. They are also an excellent source of fibre and B vitamins and are cheap and easy to prepare.

## 2. Fruit and vegetables

Fruit and vegetables provide many vitamins including vitamins A, C and E. Fruit and vegetables also provide important minerals and fibre.

## 3. Meat, fish and alternatives

These foods provide protein that is essential for growth and repair. They are excellent sources of B vitamins, iron and zinc which are also important for wound healing.

## 4. Milk and dairy foods

These protein and energy rich foods are good sources of calcium that is needed for strong bones and teeth. Choose full-fat alternatives if your appetite is poor.

## 5. Foods containing fat or sugar

Fat is a very rich energy source and can be used to add extra calories to your food. This is particularly useful if you are eating less than normal. Sugar is also a rich energy source and can be added to food to increase calories. Remember to brush your teeth after meals and sugary snacks to prevent tooth decay.

# Easy To Chew Foods

These are in line with the International Dysphagia Diet Standardisation Initiative (IDDSI). To check textures please visit: [www.IDDSI.org/framework/food-testing-methods/](http://www.IDDSI.org/framework/food-testing-methods/)

## Regular Easy to Chew Foods

- Normal everyday foods\* of soft/tender texture
- Can be easily broke up with a fork
- Any method may be used to eat these foods (e.g. fingers, fork, spoon, chopsticks etc.)
- Food piece size is not restricted therefore foods may be a range of sizes
- Do not use foods that are: hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle
- You should be able to 'bite off' pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow
- You should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed
- You should be able to remove bone, gristle or other hard pieces from your mouth

\*May include 'mixed thin and thick texture' food and liquids together – ask your clinician for direction on this e.g. watermelon.

The following pages contain some examples of easy to chew foods that you may like to try and foods which are not suitable.

If you have any questions regarding these items, please seek professional advice from your Dietitian or Speech and Language Therapist.

**Foods marked with \* are for individual discussion with you Dietitian or Speech & Language Therapist.**

### Food Group

#### **BREAD, OTHER CEREALS & POTATOES**

##### **Suitable**

Porridge, Ready Brek, oatmeal, Weetabix or other breakfast cereals.

Bread.\*

Well cooked rice.

Well cooked pasta.

Potato boiled or mashed, inside of jacket potato, potato salad, potato waffles.

Tinned spaghetti, pasta in sauce, ravioli.

Soft chips.

Soft filled sandwiches.\*

Soft noodles with sauce.

##### **Not suitable**

Muesli or cereal containing dried fruit & nuts

Toast.

Brown rice.

Jacket potato skins.

Crackers and crispbreads.

Naan bread.

Chapatti.

Special fried rice, sticky rice cakes.

Popcorn.

## Food Group

### **FRUITS AND VEGETABLES**

#### **Suitable**

Mashed, tinned, stewed or grated fruit.

Apple sauce.

Soft vegetables e.g. carrot, cauliflower tips, courgettes, marrow, mushy peas, parsnip, swede, spinach, squash (no stalks), broccoli tips.

Stuffed vegetables.

Grated raw carrot.

Tinned tomatoes.

Ratatouille.

#### **Not suitable**

Frozen or fresh peas.

Fruit or vegetables with stalks e.g. runner beans, rhubarb.

Salad vegetables.

Cabbage.

Celery.

Crunchy hard fruit and vegetables e.g. crisp apple, stir fry.

Pineapple.

Sweetcorn.

Orange pith, dried fruit.

## Food Group

### **MEAT, FISH AND ALTERNATIVES**

#### **Suitable**

Stewed, casseroled, minced meat/poultry

Cottage pie.

Lasagne.

Meat or fish curry.

Corned beef, meatloaf.

Paté.

Tender fish in sauce.

Tuna and mayonnaise, tinned fish in tomato sauce.

Well-cooked scrambled egg, boiled egg mixed with mayonnaise, plain omelette, fried eggs.

Quiche (no dry pastry).

Baked beans, soft pulses in sauce.

Soya beans, lentils, tofu, Quorn.

Smooth nut butter.

#### **Not suitable**

Dry, grilled or roast meat, poultry or fish.

Nuts and chunky nut butters.

Seeds.

Crackling and dry bacon.

## Food Group

### **MILK AND DAIRY**

#### **Suitable**

Full cream milk (thickened if necessary).

Plain/fruit yoghurt

Cream cheese, cheese sauce, soft cheeses, grated hard cheese.

Rice pudding/tapioca.

Potato gratins.

#### **Not suitable**

Yoghurts with muesli/nuts.



## Food Group

### **FOODS CONTAINING FAT AND SUGAR**

#### **Suitable**

Blancmange, Angel Delight.

Jelly\*, milk jelly\*, fruit sorbet\*, trifle\*.

Sponge and custard, bread & butter pudding and custard, light sponge cake with cream.

Cheesecake, pancakes.

Crumble.

Crème caramel, pasteurised egg custard (no pastry).

Mousses - sweet or savoury.

Shop brought mousse-type desserts e.g. Caramel, Rolo, Milky Bar Malted, Aero Mousse.

Jaffa Cakes.

Chocolate.

Soft banana fritters.

Cakes.\*

Bite and dissolve crisps,\* e.g. Wotsits.

#### **Not suitable**

Dry biscuits and cakes.

Hard and/or chewy sweets and toffee.

Hard crisps.

Flaky pastry.

Chewing gum.

A balanced meal contains food and drink from each of the five food groups. Here is an example of a meal plan. You may find it helpful to write a meal plan for yourself in the space provided.

	<b>Example</b>	<b>Your meal plan</b>
Breakfast	Breakfast cereal (no dried fruit or nuts) with full fat milk and sugar Stewed fruit	
Mid-morning	<b>Example</b> Fruit yogurt	
Lunch	<b>Example</b> Fish in sauce, soft chips, carrots (cooked until soft) with added butter	
Mid-afternoon	<b>Example</b> Crème caramel	
Supper	<b>Example</b> Chicken and vegetable (soft) casserole, well cooked rice Fruit sponge with custard	
Before bed	<b>Example</b> Milky drink and Jaffa Cakes	

**Other safer swallowing recommendations:**

**Your Speech and Language Therapist is:**

Name: .....

Telephone: .....

**Your Dietitian is:**

Name: .....

Telephone: .....

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Produced by registered Dietitians and Speech and Language Therapists.  
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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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