



Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust



Liquidised

Information for patients,
relatives and carers

Speech and Language Therapy (SLT)

My **speech therapist's** name is: _____

Telephone number: _____

SLT recommendations

- _____
- _____
- _____
- _____
- _____

Dietetics

My **dietitian's** name is: _____

Telephone number: _____

Dietary recommendations

- _____
- _____
- _____
- _____
- _____

Berkshire Healthcare Speech & Language Therapists 0118 938 2136

Berkshire Healthcare Dietitians:

East Berks: 01753 636 724

West Berks: 01635 273 710

Why do I need to have a liquidised diet?

Your swallow has been assessed by a qualified speech and language therapist. The assessment revealed that if you eat food that is not liquidised you will be at increased risk of one or more of the following:

- Choking/coughing
- Repeated chest infections
- Pneumonia
- Weight loss

What is a liquidised diet?

- Can be drunk from a cup or eaten with a spoon
- Some effort required to suck it through a standard size straw
- Cannot be piped, layered or moulded on a plate or eaten with a fork
- No chewing required and can be swallowed directly.
- Smooth texture with no bits (lumps, fibres, bits of shell or skin, husks, particles of gristle or bone)



How do I prepare liquidised food?

- **Liquidise food using a powerful blender, food processor and then sieve.**
- Always liquidise foods with extra liquids such as gravy, milk or single cream or stock. *(Try not to use water as this reduces the goodness in the food).*
- Cut food into small chunks and liquidise small amounts of food at a time to avoid lumps.
- A thickener may be added to maintain thickness.
- Remove tough skins and large seeds before you liquidise.

How to test if food is suitable

- Flow test (for Healthcare Professionals use only) – using 10ml syringe, more than 8ml left in the syringe after 10 seconds.

- Fork drip – the food drops slowly through the prongs of a fork and does not leave a pattern on the surface of the food.
- Spoon tilt – food easily pours from a spoon when tilted and does not stick to the spoon.

Tips for safe eating and drinking

- Follow any advice you have been given by your speech and language therapist and dietitian.
- Sit upright while eating. Do not lie back or lie down whilst eating or drinking.
- Keep any distractions to a minimum while you are eating or drinking. Turn off the TV and don't talk while eating or drinking.
- Take your time, do not hurry.
- If you feel tired, stop eating. It is better to have smaller, more frequent meals throughout the day rather than one large meal.

Warning signs when eating and drinking

If you experience one or more of the signs below please contact your speech and language therapist:

- Choking, coughing and/or throat clearing during or soon after eating and drinking.
- Breathing problems or change in skin colour
- A wet or gurgly voice after swallowing food or drinks.
- Recurrent raised temperature (i.e. signs of a fever).
- Frequent chest or urine infections.
- Loss of food or drink from your mouth.
- Pouching of food in your mouth.
- Weight loss.



Eating a balanced diet will help to provide the nutrients that your body needs. Try to have variety of foods every day, including some from each of the food groups in the following table.

Liquidised meal suggestions:



Meat, poultry and eggs

- Liquidised dahl soup or use any smooth bean pâté in soup.
- Use pureed meat pâté blended with cream or in soup.
- Liquidised and sieved well-cooked casserole.

Avoid: roast meat, fried mince, meat chops gristle and fatty/stringy meat, thin fluids (to achieve texture as this will impact upon the calorific value).

Tip! To achieve a nutritious meal, add cream or skimmed milk powder to sauces/gravies to enrich these with extra calories and protein. For vegetarians/vegans – add pea/coconut /oat/soya milk or oat cream.



Fish and seafood

- Tender poached fish liquidised in cheesy/parsley sauce.
- Smooth fish pâté liquidised and sieved. Blend with full fat cream cheese or milk or plain full fat yoghurt until a smooth thin consistency is achieved.
- Taramasalata can be added to fish soup.

Avoid: fish with bones, scales and skin.



Lentils and beans

- Liquidised lentil curry or liquidised bean stew.

Avoid: beans with tough skins, sweetcorn, peas, and broad beans.

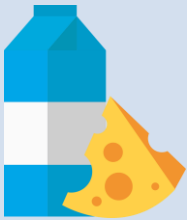
Tip: Sieve to remove all residual husks.



Fruit and vegetables

- Liquidised and sieved root vegetables with gravy or cheesy/cream sauce.
- Soup (bean, lentil – liquidised and sieved to remove husks).
- Steamed ‘head’ of cauliflower or broccoli liquidised with gravy or cheese/creamy sauce.
- Soft stewed apple/banana/pear – liquidised with full fat milk/custard or in smoothies.
- Skinless and seedless fruit with yogurt blended into a smoothie.
- Tinned peaches/pears (liquidised).
- Use pureed tomatoes to make savoury drink or soup.

Avoid: vegetables with non-removable skin, seeds, stalks or fibres, e.g. celery, sweetcorn, peas. Fruit juices with bits, tomatoes with skins and pips.



Cheese and dairy products

- Double cream.
- Béchamel / cheese sauces.
- Fortified milky drinks.

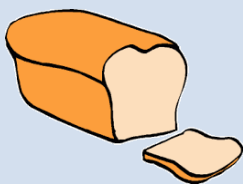
***Avoid: hard or uncooked cheese, stringy cheese.
Yoghurt with fruit bits or muesli.***



Rice and cereal

- Well soaked Ready Brek or Weetabix / Weetabix smoothie drinks, liquidised and sieved.

Avoid: muesli, granola, cereals with dried fruit, nuts and seeds. Avoid sticky or glutinous (particularly short grain) rice.



Bread and bread rolls

Avoid ALL bread – as it is NOT suitable if you are on a liquidised diet.



Sweet desserts / savoury dips

You will need to add thickener as recommended by your speech and language therapist.

- Fruit liquidised and sieved.
- Fruit juice (no bits).
- Milky drinks or smoothies.
- Coffees / teas / hot chocolate.

Avoid: muesli, granola, cereals with dried fruit, nuts and seeds. Sticky or glutinous (particularly short grain). Crumbly, dry bases or toppings.

SAMPLE MENU PLAN

**Liquidised Ready Brek blended with fruit compote (no bits/pips)
OR smooth yoghurt blended with hot chocolate.**

***Fortify by adding cream / sugar / honey / full fat yoghurt /
skimmed milk powder or cream to drinks.***

Mid-morning snack

Fruit smoothie OR hot chocolate drink

Fortify by adding double cream / skimmed milk powder.

Lunch

**Liquidised fish cooked in cream and parsley sauce served with
liquidised and sieved cooked vegetables.**

Blended stewed fruit with yoghurt.

Fortify by adding butter or full fat cream to sauce and vegetables.

Mid-afternoon snack

**Liquidised and sieved veg / lentil / bean soup OR fruit smoothie or
milkshake / juice drink.**

***Fortify by adding seedless jam or honey to yoghurt or whipped
cream to sweet dessert.***

Evening meal

**Liquidised and sieved meat / chicken / fish / lentils OR hummus in
soup with liquidised and sieved root vegetables. Use full fat milk /
cream to ensure liquid consistency.**

***Fortify by adding coconut cream / double cream, crème fraîche to
curries, stews or gravies to enrich these.***

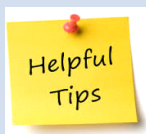
Before bed

Have nourishing milky drinks: malted or hot chocolate drink.

**Use whole milk (blue top) and double cream or add skimmed milk
powder to fortify.**

Making the most of what you eat: If you need to gain weight, have a poor or small appetite, you may need to change your diet to make sure that you are getting all the energy and protein your body needs. Enriching or fortifying your meals involves adding extra calories and protein such as cheese, cream, butter etc. See 'helpful tips' below.

Please choose foods suited to your taste and texture as recommended by your speech and language therapist.



How to have a fortified diet (high calorie; high protein)

- **Fortify your milk:** Add 2-4 heaped tablespoons of dried skimmed milk powder and blend into 1 pint full cream milk. Chill in the fridge and then use to make up sauces, soups or milky drinks.
- **For extra protein:** Add **dried skimmed milk powder or cream** to soups, cups of tea/coffee or hot chocolate, milk puddings, liquidised and sieved root vegetables.
- **Add extra fats:** Add **oils / butter / margarine / cream cheese / mayonnaise** to savoury liquidised drinks.
- **Vegetarian / vegan dairy alternatives:** Add coconut / pea / almond / oat milk to help 'thin down' liquids. Use a tablespoon of oat or soya cream for extra fats. Avoid diluting with water as this will reduce the nutritional density.
- **Choose full fat and full sugar products** rather than 'diet' 'reduced / low fat' / 'low sugar' / 'healthy eating' varieties.
- **Add** honey, ice cream or sugar to smoothies, milkshakes, and desserts.

How to add **100** calories to any meal, snack or drink

Each of the suggestions below should be added during the cooking, blending and preparation stage to ensure the consistency is a smooth liquid (refer to page 2).

If you had weight and muscle loss; or have trouble eating a regular meal pattern, speak to your dietitian for more specific and tailored dietary advice. Aim to choose at least 4-5 of the suggestions below to achieve an additional 400-500 calories daily.

Sweet options:

- 1 heaped tbsp. of sugar (fully dissolved)
- 1 small pot full fat yoghurt
- 1½ tbsp. double cream
- 2 tbsp. lemon curd
- 2 tbsp. condensed milk
- 2 tbsp. honey (avoid honeycomb)
- 2 scoops of ice cream added to milkshake or smoothie

Savoury options:

- 1 tbsp. of mayonnaise
- 1 tbsp. olive or vegetable oil
- 2 cubes of butter
- 2 tbsp. salad cream
- *3 tbsp. hummus / tahini paste
- 2 heaped tbsp. dried skimmed milk powder.

*** Note:** not suitable if you have a sesame seed allergy. Always read labels to ensure products are safe to consume.

In accordance with the International food and fluid descriptors labelled IDDSI May 2018 (www.IDDSI.org)

