

A Food First Approach:

Suitable foods for 'Minced and Moist' (IDDSI Level 5)

AND 'Soft and Bite-Sized' (IDDSI Level 6) diets

Please choose foods that suit you best, only at the texture recommended by your Speech and Language Therapist.

1. Aim for 3 meals and 3 high calorie sweet or savoury snacks a day.

Reminder! – Don't forget to drain excess fluid or thin liquid from the meal or snacks.

Sweet Snack Ideas	Savoury Snack Ideas
• Fruit mousse or fruit fool and or soft/poached pears (mashed) • Stewed, mashed or soft fruit (e.g. stewed apple, mashed tinned apricots, soft banana) • Thick smooth chocolate sauce or chocolate spread, with smooth plain full fat yoghurt, • Milk pudding e.g. custard/thick ground rice pudding/chocolate pudding, crème caramel/blancmange • Smooth thick and creamy yoghurt or fromage frais • Instant desserts e.g. angel delight/supermarket own-brand • Individual sponge or cake stirred well into custard • Toppings of chocolate buttons or chocolate flakes on hot puddings/desserts • Bowl of cereal with milk (smooth, well-soaked cereals with no lumps: e.g. Weetabix, shreddies or porridge in soaked in warm milk)	• Mug or bowl of soup - fortified (see overleaf) • Mashed soft avocado with full fat cream cheese • Smooth guacamole, taramasalata, houmous • Smooth meat or fish pâté mashed into full fat cream cheese or plain full fat yoghurt • Cream cheese/smooth salmon mousse (no bones) • Soft cheese triangles mashed into full fat mayonnaise or full fat plain yoghurt or smashed avocado • Soft scrambled egg



Have nourishing drinks between meals.

Reminder! – If you need thickened fluids, please check with your Speech and Language Therapist what level of thickness you require, using the recommended scoops.

Aim to drink 8 cups or glasses or 6 mugs of fluid per day.

- Milky tea or coffee made with fortified full cream milk (see recipe below).
- Malted drinks or hot chocolate made with fortified full cream milk.
- Milkshakes, juices or smoothies (bought or homemade).
- Commercially-prepared drinks such as Complan, Meritene (available in sweet and savoury flavours).



2. Fortify your food and drinks to add extra energy (calories)

Fortifying your food ensures that it is more nourishing and may help if you have a poor appetite and are struggling to eat large portions. Try adding one or more of the following to each dish. Please choose the options that suit you best, **only at the texture recommended by your Speech and Language Therapist.**



Food/drink	Ways to fortify
Full fat milk	Add 4 tablespoons of dried skimmed milk powder to 1 pint of full cream milk. Use this fortified milk to make up hot drinks, soups, sauces and instant desserts. 
Breakfast cereals and porridge	Add fortified full cream or Channel Island milk, evaporated milk, double cream, smooth full fat or greek yoghurt, stewed/soft fruit, sugar, honey, seedless jam or syrup, crème fraiche, smooth peanut butter (if not allergic) 
Mashed potato dishes	Add fortified full cream or Channel Island milk, evaporated milk, double cream, coconut cream, grated cheese, butter, ghee, margarine, olive oil, full fat or Greek style yoghurt, mashed hard-boiled egg (avoid raw or undercooked egg), mayonnaise, salad cream, crème fraiche. 
Vegetables	Add grated cheese, butter, margarine, evaporated milk, double cream, mayonnaise, salad cream, savoury sauces (cheese or white sauce), full fat or Greek style yoghurt. 
Soups	Add fortified full cream or Channel Island milk, skimmed milk powder, grated cheese, full fat or Greek style yoghurt, crème fraiche, evaporated milk, double-cream, fresh breadcrumbs, pasta, cooked meat, cooked or tinned beans/lentils (these need to be finely chopped and cooked until soft). <i>*Note: if you need to have your fluids thickened, please follow recommendations given by your Speech and Language Therapist.</i> 
Puddings/ Desserts	Add smooth or full fat Greek yoghurt, crème fraiche, smooth fromage frais, whipped or double cream, honey, seedless jam, chocolate sauce, custard, stewed fruit, whipped raspberries. 

Top tips

- ✓ When using convenience foods: i.e. frozen, chilled or packet meals - **Remember to fortify!**
- ✓ Cold foods can sometimes be more appetising. Try a chilled dessert or savoury mousse.
- ✓ If your appetite is better at certain times of the day, take advantage of this by having larger portions or extra desserts/puddings