

A Food First Approach:

Suitable foods for Liquidised diet: IDDSI Level 3



Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

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

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

Note: IDDSI Level 3 Liquidised diet:

- Requires no chewing and can be swallowed directly.
- Must have a smooth texture with no bits (lumps, fibers, bits of shell or skin, husks, particles of gristle or

Sweet Snack Ideas/Mini Meals	Savoury Snack Ideas/Mini Meals
• Liquidised stewed fruit with cream or yoghurt • Milk pudding e.g. custard/chocolate pudding, • Smooth thick and creamy yoghurt or fromage frais • Instant desserts e.g. angel delight • Liquidised cereal with milk: e.g. instant porridge or rolled oats, Oats-so Simple or similar instant porridges, soaked in warm milk and mixed with cream. • Creamy iced coffee made with syrup and fortified skimmed milk • Hot chocolate/milo made with full fat milk • Fortified home-made smoothies (<i>recipe available from your dietitian</i>)	• Mug or bowl of soup - fortified with skimmed milk powder (see overleaf) • Mashed soft avocado with full fat cream cheese • Smooth fish/liver pâté liquidised with full fat cream cheese or plain full fat yoghurt/cream • Cream cheese mixed into smooth salmon mousse (no bones) • Liquidised meat (chicken, lamb, beef, liver, pork) served a selection of liquidised vegetables • Curry/Dahl or tin congee made with fish/meat • Poached, steamed and flaked fillet of fish, liquidised with added milk/cream

1. 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).



3. 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	Grated soft cheeses, butter, margarine, evaporated milk, double cream, mayonnaise, salad cream, savoury sauces made with cream cheese), full fat or Greek style yoghurt.  Note! Hard grated need to be fully melted in hot sauces.
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	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.