

# Soft Diet

## Tips for preparing a soft diet

Many people require changes to their diet to ensure the food and fluid eaten is managed easily. In addition, if you have a small appetite, you may find small frequent meals easier to manage than large meals. You should choose foods which are high in calories if you have recently lost weight unintentionally or need to gain weight.

### Preparation Tips

To ensure a soft consistency, foods should be well cooked.

### Meat or Poultry

- Choose tender meat and casseroles to ensure they are soft. Use soft tinned meats or ready-cooked meats in small pieces with sauce or gravy.

### Fish

- Steam, bake or microwave boneless fish (without batter) and serve with a sauce or enriched milk. Alternatively use tinned (boneless fish) such as tuna or salmon.



### Eggs

- Eggs can be scrambled, poached, boiled or

made in to an omelette.

- Extra butter, margarine or milk may be needed to make them softer.
- Boiled eggs may be grated or mashed with butter or mayonnaise.

### Cheese

- Add grated cheese to mashed potatoes, sauces, soups and vegetables (ensure it does not go stringy).

### Bread

- Use soft white bread and remove the crusts to make soft sandwiches. Choose soft fillings such as tinned fish, egg mayonnaise, hummus or spreads.

### Pasta

- Choose dishes such as macaroni cheese, spaghetti bolognese or lasagne.

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# Preparation tips

## Vegetables

- Fresh, frozen or tinned vegetables can be cooked until soft; add margarine/ butter or serve with a tomato or white sauce. Alternatively mash vegetables (such as potatoes) with margarine/ butter and add grated cheese.

## Fruit

- Choose soft fresh (remove skin, seeds, pips) or tinned fruit. Any fruit can be stewed (with added sugar) or mashed. Serve with custard, yoghurt, double cream, ice cream, fromage frais, condensed or evaporated milk.

## Puddings and Desserts

- Home made, tinned and packet puddings are all suitable; custard, rice pudding, sago, tapioca, sponge or stewed fruit with custard, ice cream, double cream or evaporated/condensed milk.

Other options are thick and creamy yoghurts, fromage frais, crème caramel, chocolate and fruit mousses.

## Breakfast Cereal

- Try porridge made with full fat milk (choose a fine oatmeal for a smoother texture). Weetabix, Cornflakes, Rice Crispies, etc need to be left to soak in milk or served with hot milk to make it soft. Avoid 'mixed consistency' cereal such as muesli that may have hard bits such as nuts in it.



*NOTE: If you have problems swallowing ask your GP to refer you to a Speech and Language Therapist. If you are taking thickened fluids, all fluids need to be thickened as directed by your Speech and Language Therapist. If you have Diabetes or High Cholesterol speak with your Doctor or Dietitian before starting.*