



Queen Victoria Hospital
NHS Foundation Trust

Swallowing Guidance For.....

Patient Information



DIET	FLUIDS
POSITIONING	MOUTH CARE
<ul style="list-style-type: none"> • Ensure the person is sitting fully upright ideally in a chair or at a 90° angle in bed. If it is possible, they should remain in this position for approximately 30 minutes after eating and drinking • Make sure their head is well supported in a neutral, midline position when eating & drinking 	<ul style="list-style-type: none"> • Clean teeth at least twice a day. Use a pea sized amount of toothpaste on a toothbrush • Remember to brush the tongue too • Even if the person has no teeth, use a soft toothbrush to brush gums, tongue, palate. • Check the mouth and remove any food debris after meals • Remove dentures overnight and clean in a suitable solution. Remember to clean their mouth after the dentures are removed.
ENVIRONMENT	ASSISTANCE
<ul style="list-style-type: none"> • Choose a quiet dining environment and avoid distractions e.g. TV • Try to avoid them talking whilst eating & drinking 	<ul style="list-style-type: none"> • Full assistance with eating and drinking • Hand-over-hand feeding • Encourage self-feeding but support where required • Self-feeding • Use maroon spoon / kopicup / provable cup / one-way straw
STRATEGIES	MEDICATION
<ul style="list-style-type: none"> • Take time over meals. Try smaller regular meals with snacks • Don't overfill the mouth and do pause between mouthfuls 	<ul style="list-style-type: none"> • Try taking medications with a spoonful of puree e.g. yoghurt • GP to advise alternative medications • Continue taking tablets with fluids • Continue with dispersible / liquid medications
SIGNIS TO LOOK OUT FOR: coughing, throat clearing, wet 'gurgly' voice quality, shortness of breath, eyes watering during or after eating and drinking.	
YOUR SPEECH AND LANGUAGE THERAPIST:	
Contact Details	
Date	

High Risk Foods to Avoid If You Have a Swallowing Difficulty

Types	Examples
Dry/ crumbly	Biscuits, crackers, dry crumble topping, crisps, dry crispy toast, nuts
Stringy	Green beans, celery, salad, bacon, oranges
Flaky	Crusty bread, pastries
Bitty	Rice, nuts, muesli, sweetcorn, baked beans, granary bread, seeds
Chewy	Chewy or tough meats (especially pork), crusty bread, skins on sausages and grapes
Mixed consistency	Minced meat with thin gravy, thin soups with bits or croutons, some cereals with milk, chocolate with nuts
No bread unless the speech and language therapist has advised differently.	
No ice-cream or jelly if the person requires thickened fluids	

IDDSI LEVEL 7- Easy to Chew

7 REGULAR



Description of texture

- Normal everyday foods of a soft/tender texture
- Any method may be used to eat these foods
- Food piece size is not restricted
- Does NOT include foods which are hard, tough, chewy, fibrous, stringy, have pips/seeds, bones or gristle
- You should be able to bite off and chew pieces of soft and tender food
- Solids and liquids can be mixed together
- You should be able to remove hard pieces of food from your mouth independently

How to check the food is the right texture:

The food will squash down and not return to its original shape when pressed with a fork. It can easily be broken into pieces with a fork or spoon.

Examples of easy to chew foods which may be suitable:	
Breakfast	<ul style="list-style-type: none">• Scrambled egg• Porridge• Weetabix (milk drained)
Meat/Fish	<ul style="list-style-type: none">• Casserole/stew/curry. Meat must be 15mm pieces and should be soft and tender. Gravy/sauces must be thick• Bolognese• Shepherd's/cottage pie• Fish pie (potato topping, no prawns)• Poached fish in a sauce
Fruit/ Vegetables	<ul style="list-style-type: none">• Ripe banana• Stewed apples• Cauliflower cheese• Cheese & potato pie• Root vegetables (well cooked)• Well cooked carrots, broccoli, cauliflower• Jacket potato (skin removed)
Dessert	<ul style="list-style-type: none">• Cake & custard• Yoghurt• Crème caramel

IDDSI LEVEL 6 - Soft & Bite-sized foods

6 SOFT & BITE-SIZED



Description of Texture:

- Can be eaten with a fork, spoon or chopsticks
- Can be mashed/ broken down with pressure from fork, spoon or chopsticks
- A knife is not required to cut this foods, but may be used to help loading a fork or spoon
- Chewing is required before swallowing
- Soft, tender and moist throughout with no separate thin liquid
- 'Bite-sized' pieces as appropriate for size and oral processing skills (Adults 15mm = 1.5cm pieces)

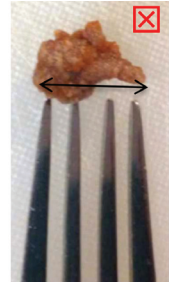
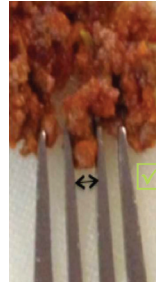
How to check the food is the right texture:

The food will squash down and not return to its original shape when pressed with a fork. It can easily be broken into pieces with a fork or spoon.

Examples of soft & bite-sized foods which may be suitable: N.B. All foods should be served in 15mm pieces (1.5cm)	
Breakfast	Scrambled egg Porridge Weetabix (milk drained)
Meat/Fish	Casserole/stew/curry. Meat must be 15mm pieces and should be soft and tender. Gravy/sauces must be thick Bolognese Shepherd's/cottage pie Fish pie (potato topping, no prawns) Poached fish in a sauce
Fruit/ Vegetables	Ripe banana Stewed apples Cauliflower cheese Cheese & potato pie Root vegetables (well cooked) Well cooked carrots, broccoli, cauliflower
Dessert	Cake & custard · Yoghurt · Crème caramel

IDDSI LEVEL 5 - Minced & Moist food

5 MINCED & MOIST



Description of Texture:

- Can be eaten with a fork or spoon
- Could be eaten with chopsticks in some cases, if the individual has very good hand control
- Can be scooped and shaped (e.g. into a ball shape) on a plate
- Soft and moist with no separate thin liquid
- Small lumps visible within the food (Adult, 4mm lump size)
- Lumps are very easy to squash with tongue

How to check the food is the right texture:

All pieces of food will fit between the prongs of a fork. The food will hold its shape on a spoon and falls off of a tilted spoon quite easily.

Examples of minced & moist foods which may be suitable: N.B. All foods should be served in 4mm pieces	
Breakfast	Porridge · Weetabix (milk drained)
Meat/Fish	· Casserole/stew/curry. Meat must be 4mm pieces and should be very soft and tender. Gravy/sauces must be very thick · Shepherd's/cottage pie · Fish pie (potato topping, no prawns) · Tinned fish & mayonnaise
Fruit/ Vegetables	· Ripe banana · Stewed apples · Cauliflower cheese · Cheese & potato pie · Root vegetables (well cooked) · Well cooked carrots, broccoli, cauliflower · Lentil casserole
Dessert	· Cake & custard · Yoghurt · Crème caramel
Bread	No bread

IDDSI LEVEL 4 - Pureed foods

4 PUREED



Description of Texture:

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or moulded
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky
- Liquid must not separate from solid

How to check the food is the right texture:

The food will hold its shape on a spoon and falls off of a tilted spoon quite easily leaving very little residue.

Equipment: A liquidiser or food processor. Baby blenders and hand blenders can be used for small amounts. A potato masher, sieve, fork and spoon can also be used for some foods.

Tips:

- Ensure the blades are covered with food
- Never overfill the container
- Do not use boiling liquids
- Take care if food is hot
- Hold lid firmly
- White, brown or wholemeal bread can be added to thicken soups or sauces
- Add fortifying foods
- Puree meals separately to make foods more appetising and arrange each food separately on the plate
- Pipe foods to add interest or use food moulds provided by Nutrition companies
- Dried prunes, figs or apricot must be soaked and stewed before pureeing
- Cook in bulk and freeze portions of pureed foods
- Don't use water when liquidising foods as this will dilute important nutrients. Instead use: full fat milk, lemonade, syrup, yoghurt, double cream, nutrition shakes, gravy

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