

# Advice for a Soft Diet

Sometimes for a variety of reasons, people may find a soft diet easier to manage than a normal diet and this leaflet will give you tips on how to do this.

If you have been struggling with your appetite or have had any unwanted weight loss, it is good to choose foods which are high in calories and to fortify your food with additional high calorie foods. Additionally, small frequent meals are often found easier to manage. Ask for leaflets explaining how to do this.

## How to prepare foods

Continue with your favourite foods, but make changes that will soften them. To get a softer consistency:

- Ensure foods are well cooked and mashed using a fork, masher, food processor or hand blender
- Finely chop meat and vegetables or casserole or stew them.
- Foods like chops and steak may need to be liquidised.
- Add extra stock, gravy, sauce, milk or cream to help achieve the right consistency.

### *Meat or Poultry*

All well-cooked, tinned or ready-cooked meats can be minced or finely chopped with sauce or gravy, e.g. shepherd's pie, spaghetti bolognese.

### *Fish*

Steam, bake, microwave boneless fish and serve with a sauce or milk.

### *Eggs*

Scrambled, poached or 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 (ensure it does not go stringy).

### *Potatoes*

Serve mashed with milk, butter, margarine or grated cheese.

### *Pasta*

Dishes such as macaroni cheese, spaghetti bolognese, lasagne.

### *Vegetables*

Fresh, frozen or tinned vegetables can be cooked until soft; mashed with butter, margarine or served with a tomato or white sauce.

### *Fruit*

Fresh, frozen or tinned (in syrup) fruit can be mashed or stewed with added sugar. Remove any skin or seeds. Serve with custard, yogurt, ice cream, fromage frais, condensed or evaporated milk.

### *Puddings and Desserts*

Home-made, tinned and packet puddings such as custard, rice pudding, sago, tapioca, sponge, ice cream, creamy yogurt, fromage frais, crème caramel, chocolate and fruit mousses.

### *Breakfast Cereal*

Porridge made with milk (choose a fine oatmeal for a smoother texture). Cereals such as Weetabix, Cornflakes or Bran flakes need to be left to soak in milk or served with hot milk to make them soft.

