








Why do I need soft and bite-sized food?

This texture is recommended because you may have difficulty biting into food and are at risk of choking.

The foods listed are a guide. Extra care should be taken to ensure these foods are prepared to resemble a texture which is soft, tender and cut into bite-sized pieces.

Easy to chew 	Easy to break down with a fork 	How to prepare soft and bite-sized foods										
<ul style="list-style-type: none"> ✓ Food is soft, tender and moist ✓ Soft lumps should be no bigger than 1.5cm by 1.5cm ✓ Chewing is required before swallowing     	<ul style="list-style-type: none"> ✓ Can be easily broken down with gentle pressure from a fork ✓ Can be eaten with a spoon or a fork ✓ A thick sauce may be required 	<table border="1"> <tr> <td data-bbox="1211 435 1384 504">Meat</td> <td data-bbox="1395 435 2170 504">Cooked and tender. Minced or diced meat. If meat cannot be served soft and tender, serve minced and moist (level 5)</td> </tr> <tr> <td data-bbox="1211 504 1384 536">Fish</td> <td data-bbox="1395 504 2170 536">Cook until soft. Break into 1.5cm pieces.</td> </tr> <tr> <td data-bbox="1211 536 1384 632">Fruit/veg</td> <td data-bbox="1395 536 2170 632">Drain excess juice, remove pips, skins and fibrous parts. Steam or boil vegetables until soft. Fruit can be stewed. Pieces should be soft and in 1.5cm pieces.</td> </tr> <tr> <td data-bbox="1211 632 1384 727">Cereal</td> <td data-bbox="1395 632 2170 727">Fully softened lumps in milk. Drain any excess milk before serving. Remove any pieces which can't be softened, e.g. nuts, dried fruit</td> </tr> <tr> <td data-bbox="1211 727 1384 826">Rice/pasta</td> <td data-bbox="1395 727 2170 826">'Fluffy,' well cooked rice in a sauce. Should not separate into individual grains or be sticky.</td> </tr> </table>	Meat	Cooked and tender. Minced or diced meat. If meat cannot be served soft and tender, serve minced and moist (level 5)	Fish	Cook until soft. Break into 1.5cm pieces.	Fruit/veg	Drain excess juice, remove pips, skins and fibrous parts. Steam or boil vegetables until soft. Fruit can be stewed. Pieces should be soft and in 1.5cm pieces.	Cereal	Fully softened lumps in milk. Drain any excess milk before serving. Remove any pieces which can't be softened, e.g. nuts, dried fruit	Rice/pasta	'Fluffy,' well cooked rice in a sauce. Should not separate into individual grains or be sticky.
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Breakfast ideas

- Cereal (softened if soaked in milk and drained) e.g. cornflakes, branflakes, cheerios. Avoid nuts, dried fruits, seeds etc
- Porridge/ready brek/weetabix
- Thick Scotch pancakes with syrup
- Soft fruit and yoghurt, e.g. banana, stewed fruit
- Eggs: scrambled, poached, boiled or egg mayonnaise
- Level 6 full English: skinless sausages or hot dog sausages, hash browns, poached or scrambled eggs, baked beans, skinless tomatoes (cut into 1.5cm pieces)

Main meal ideas

- Casseroles
- Risotto
- Curries, e.g. chickpea/veg/meat/fish curry
- Pies: remove pastry and top with mashed potato
- Cottage pie, fish pie
- Flaked fish or fish cake in a sauce
- Plain crustless quiche
- Plain or cheese omelette
- Soft pasta / rice and sauce
- Soft chips (avoid hard/sharp pieces)
- Potatoes: remove skin, boiled, creamed, mashed
- Steamed/boiled vegetables, e.g. carrots, swede, beetroot, broccoli, cauliflower, mushy peas
- Avoid mushrooms, green beans, stir fry veg

Dessert and snack ideas

- Rice pudding
- Cake and custard
- Soft tinned or fresh fruit (see above)
- Swiss roll
- Fruit crumble with custard
- Dunked biscuits in a hot drink
- Sticky toffee pudding
- Jam roly poly pudding
- Inside of custard tart
- Fruit smoothies
- Nutrigrain bars
- Humous