




Why do I need liquidised food?

You find it hard to swallow or may get tired easily when eating more solid food or thick heavy textures. You may find it hard to move your tongue when eating. You may be at risk of choking and/or chest infections on other foods.

The foods listed are a guide. Extra care should be taken to ensure these foods are prepared to resemble a texture which is liquidised with no lumps.

Liquidised 	No chewing 	Does not hold its shape 	How to prepare liquidised foods
<ul style="list-style-type: none"> ✓ Food is liquidised to a smooth, thick and pouring consistency ✓ Use gravy, stock, soup, sauces, milk or fruit juice instead of water to add liquid. ✗ It is not sticky. ✗ Some foods may need sieving after pureeing to remove lumps and bits e.g. stringy meats, fruit with pips, vegetables with shells ✗ Avoid re-heating food more than once and never re-freeze 	<ul style="list-style-type: none"> ✓ It is usually eaten from a spoon or sipped from a cup ✗ Cannot be eaten with a fork as it would drip through the prongs ✗ No biting or chewing required 	<ul style="list-style-type: none"> ✓ It can be poured and drunk from a cup ✗ It does not hold its own shape on a plate ✗ It cannot be piped layered or moulded 	<ul style="list-style-type: none"> • Use a blender. • Remove tough skins and large seeds • Cut food into small chunks • Liquidise foods with extra liquids e.g. gravy, milk or stock. (Try not to use water as this reduces the goodness in the food). • Liquidise small amounts of food at a time to avoid lumps. • Any fluid or gravy served with the meal should be the same consistency

Breakfast ideas

- Thin Ready Brek or smooth porridge
- Puréed scrambled eggs with milk and cheese
- Baked beans (liquidised and sieved)
- Milkshakes made with pureed fruit.
- Peeled then liquidised tinned or fresh fruit e.g. peaches, pears
- Fruit smoothies and juices

Main meal ideas

- Liquidised meat and gravy (no bones or skin)
- Liquidised cooked fish (no bones or skin) and sauce e.g. cheese, white
- Liquidised pasta with sauce
- Liquidised boiled white rice with sauce e.g. liquidised curry, liquidised mince and gravy
- Liquidised meat or vegetable casserole
- Potatoes and vegetables (cook until soft and tender, drain and liquidise)
- Thick smooth soup (may need thickener/pureed lentils adding)
- Add flavour with mustard, curry powder, soy sauce, lemon juice, Bovril, Marmite, mint sauce, mango chutney, spices. Avoid adding dried herbs

Dessert and snack ideas

- Angel Delight, mousse, Instant Whip
- Liquidised semolina, rice or other milk pudding
- Liquidised stewed fruit and custard (fruit may need sieving)
- Milkshakes
- Plain cake liquidised with custard or cream



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