Why do I need liquidised food?

- You find it hard to swallow or may get tired easily when eating more solid food.
- This texture is recommended because you may also be at risk of choking or chest infections on other food.

What is liquidised food?

<table>
<thead>
<tr>
<th>Pureed and sieved</th>
<th>✔ Food is smooth and moist with no lumps. ✔ It has been pureed. ✔ It may also need to be sieved to remove particles.</th>
</tr>
</thead>
<tbody>
<tr>
<td>No chewing</td>
<td>☒ It does not need to be chewed.</td>
</tr>
<tr>
<td>Eat with a spoon</td>
<td>✔ It needs to be eaten with a spoon. ✔ It cannot be eaten with a fork because it drops through.</td>
</tr>
<tr>
<td>Does not hold its shape</td>
<td>✔ 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.</td>
</tr>
</tbody>
</table>

How do I prepare liquidised food?

You can liquidise food using a blender, food processor or it can be mashed then sieved. It is important that it tastes, looks and smells good.

- ✔ Remove tough skins and large seeds before you liquidise.
- ✔ Cut food into small chunks before you liquidise.

Swallowing Advice:

IDDSI Liquidised
Moderately Thick

Based on the IDDSI Framework and Descriptors September 2018. For further information please contact Speech and Language Therapy.
How do I prepare liquidised food?

- Always liquidise foods with extra liquids such as 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.
- A thickener may be added to maintain thickness.

How the liquidised food looks is very important to encourage appetite.

- It is a good idea to liquidise each food separately so that there are individual portions of each food available. This helps each part of the meal keep its taste and colour.
- Do not liquidise a whole meal together as it looks less appetising.
- As the food looks different it is important to be told what it is before you eat it.

Check before eating.

- No hard pieces, crust or skin have formed during cooking or standing.
- It has not thinned out and any liquid within the food has not separated off.
- Any food in or on the food must be as thick as the liquidised food itself.

Please note: No ice cream or jelly unless advised as suitable by a Speech and Language Therapist.

If you have any concerns regarding your diet or you need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietitian.

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