



Adult Speech and Language Therapy

&

Nutrition and Dietetic Services

## Patient Information Leaflet

### Level 3 – Liquidised Diet



The Departments of Speech and Language  
Therapy & Nutrition and Dietetics do not  
accept responsibility for the inappropriate use  
of this information

Your Speech & Language Therapist has advised that you change the texture of your diet to make it easier and safer for you to swallow. You have been advised to have a liquidised diet.

## General Description

- Can be drunk from a cup
- Some effort is required to suck through a standard bore or wide bore straw (0.275inch)
- Cannot be piped, layered or moulded
- Cannot be eaten with a fork, because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required – can be swallowed directly
- Smooth texture with no lumps, fibres, bits of shell or skin, husk, particles of gristle or bone.

## Testing methods:

### Fork

- Drips slowly in dollops through the prongs of a fork
- Prongs of a fork do **not** leave a clear pattern on the surface
- Spreads out if spilled onto a flat surface

## Check before serving:

- No hard pieces, crust or skin has formed during cooking/ heating/standing.
- It has not thinned out and any liquid within the food has not separated off

## Foods to avoid

These foods must be avoided to prevent choking:

(Please note this is **not** an exhaustive list)

- Mixed consistencies or food with loose fluid. For example, ready brek where milk has separated off, lumpy soups
- Hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits - Boiled sweets, toffees, pineapple, runner beans, salad items, dry toast, pie crusts, pastries, biscuits, crisps, apples, crackers, crumble toppings, etc.
- Foods with pips, seeds, skin, outer shell, husks, bone or gristle - Nuts, seeds, peas, beans, sweetcorn, grapes, tomatoes, onion, fatty meat, chicken drumsticks, etc.
- Tough meats - Steak, pork, sausages with skins, etc.
- 'Floppy Foods' - Lettuce, baby spinach leaves, rocket, etc.
- Fibrous foods - Celery, pineapple, etc.
- Juicy foods – Watermelon, pineapple, grapes, mango, etc.
- Sticky/Claggy food types – Peanut butter, marshmallows, cheese chunks, pasta etc.
- Large chunks of food

## Foods for Special Consideration

Some foods turn to liquid in your mouth; these foods need to be avoided if you require thickened fluids.

- Jelly is **not** appropriate for anyone taking **thickened fluids**.
- Ice-cream is **not** appropriate for anyone taking **thickened fluids**

## **Nutrition**

A liquidised diet can be low in iron, vitamin C and folate.

### **Iron**

Include foods that are high in iron in your diet, for example:

- Liver and red meats
- Egg
- Fortified cereal e.g. Ready brek
- Cocoa and chocolate – use in sauces and desserts
- Green leafy vegetables

### **Vitamin C**

To make sure you get enough vitamin C drink at least one glass of fruit juice or fruit drink with added vitamin C each day (thicken as required).

### **Folate**

Foods high in folate include:

- Liver and red meat
- Fortified cereal e.g. Ready brek
- Yeast and beef extracts. For example, Marmite, Bovril etc.

### **Constipation**

If you experience constipation, try to include as many liquidised fruits and vegetables in your diet as possible. For example, turnip, carrot, stewed apples, apricot puree. Make soups with lentils and vegetables (blended to remove lumps) and ensure you are drinking enough fluids (thickened as required).

## Weight Changes

Keep an eye on your weight, report any concerns you have about your weight to your GP, Dietitian, Community Nurse or Practice Nurse.

If you need to use nutritional supplements, your **Dietitian** will advise which ones you should use and how much you should take.

As liquidising can reduce the nutritional content of your meals, it is necessary to fortify or enrich your diet to ensure you get adequate calories and protein. Fortification is where we add extra calories and protein without increasing volume:

- Use fortified whole milk (see p6) rather than semi skimmed/ skimmed milk
- Don't use water to blend, use sauces, cream, fortified milk or dairy free alternatives
- Add butter or margarine, cheese or cheese spread and milk powder to savoury dishes
- Add sugar, honey, dessert sauces, butter, milk powder to sweet dishes

## Ideas for extra flavour

- Herbs and spices, smooth mustard, smooth chutney, bottled sauce. For example, tomato, Worcestershire, brown, BBQ, salad cream, mayonnaise, etc.
- Treacle, honey, seedless jam, lemon curd
- Sauces and pickles – tomato sauce, brown sauce, apple sauce, tartar sauce, sauces and pickles with no hard lumps
- Jams & Preserves – seedless jams, lemon curd, shredless marmalade, chocolate spread and smooth peanut butter

## Tips for success

To improve the success of managing a liquidised diet, here are some useful tips

Make food look tempting:

- Don't blend foods together that would normally be served separately e.g. meat and potatoes, continue to puree and serve separately
- Avoid foods of a similar colour on a plate as this is unappealing e.g. white fish, potato and cauliflower, choose contrasting colours

Food is easier to blend when hot

Save time and bulk cook meals and freeze portions

- Allow to cool, cover, label and freeze portions
- Allow to thaw completely before reheating and make sure food is piping hot before serving

## Fluid

It is important to make sure you drink enough fluid to keep you well hydrated.

Six-to-eight glasses is recommended daily

\*It is important to remember to **thicken your drinks** if you have been advised to do so by your speech and language therapist.

## Fortified Whole milk

Fortified Milk (This may be difficult to thicken)
<b>Ingredients</b>
1 pint whole milk 5 heaped tablespoons skimmed milk powder
<b>Method</b>
<ul style="list-style-type: none"><li>• Whisk the milk powder into the milk until smooth (no lumps)</li></ul>

# County Durham and Darlington NHS Foundation Trust

## Adult Speech and Language Therapy

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