**What is liquidised food?**

| Pureed and sieved | ✓ Food is smooth and moist with no lumps.  
|                   | ✓ It has been pureed.  
|                   | ✓ It may also need to be sieved to remove particles.  
| No chewing        | ✗ It does not need to be chewed.  
| Eat with a spoon  | ✓ It needs to be eaten with a spoon.  
|                   | ✗ It cannot be eaten with a fork because it drops through.  
| Does not hold its shape | ✓ 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.  

**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.
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.

Based on the IDDSI Framework and Descriptors September 2018. For further information please contact Speech and Language Therapy.