

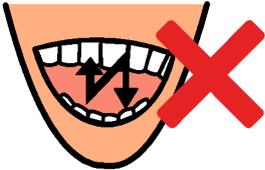


## Swallowing Advice: IDDSI Liquidised Moderately Thick

### 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?

 <b>Pureed and sieved</b>	<ul style="list-style-type: none"> <li>✓ Food is smooth and moist with no lumps.</li> <li>✓ It has been pureed.</li> <li>✓ It may also need to be sieved to remove particles.</li> </ul>
 <b>No chewing</b>	<ul style="list-style-type: none"> <li>✗ It does not need to be chewed.</li> </ul>
 <b>Eat with a spoon</b>	<ul style="list-style-type: none"> <li>✓ It needs to be eaten with a spoon.</li> <li>✗ It cannot be eaten with a fork because it drops through.</li> </ul>
 <b>Does not hold its shape</b>	<ul style="list-style-type: none"> <li>✓ It can be poured and drunk from a cup.</li> <li>✓ It does not hold its own shape on a plate.</li> <li>✗ It cannot be piped layered or moulded.</li> </ul>

### 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.

Cont...

## 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.**