



## Level 3 Liquidised Food

Your speech and language therapist has recommended that your food is liquidised.



## What are Level 3 Liquidised Foods?

- Thin, smooth puree that can be drunk from a cup
- Needs to be eaten with a spoon as it would fall through the prongs of a fork
- It cannot be piped, layered or moulded
- You may need to add a food or drink thickener to get the right consistency

## Why do I need liquidised foods?

Liquidised foods may be used if you are having difficulties swallowing a more solid diet.

## Tips for serving and presenting foods

- Most foods will require special preparation. A liquidiser or hand-held blender can be used
- Present each food separately. Don't blend everything together
- If sauces and gravy are needed, blend well into the food or make sure they are thickened to the correct consistency
- Always introduce the meal and identify each food on the plate
- Do not use water, low calorie or low fat liquids to soften food. Instead use full fat milk or cream
- Serve foods hot or cold rather than at room temperature
- Vary flavours by adding soy sauce, Worcestershire sauce, tomato ketchup, curry powder or spices to savoury dishes before blending or adding seedless jam to sweet dishes

### Meat and Fish

- Puree meat or fish before adding liquid to eliminate the grainy texture
- Gradually add liquid to the blender. You might use something like gravy, cream or cheese sauce to get the right consistency
- You may need to sieve to remove bits

### Vegetables

- Puree steamed or boiled vegetables. Add extra liquid or thickener and sieve as needed

### Fruits

- Puree tinned or fresh fruit. Remove the stone, core and skins
- Fruits containing seeds such as strawberries may need sieving before serving

### Soup

- Puree soup containing vegetables, noodles or meat to get a smooth texture
- You may need to add a food or drink thickener to get the right consistency

### Potatoes, Pasta and Rice

- These can all be pureed successfully using warm milk and butter. You may find a potato ricer useful

### Breakfasts

- Make a thin, smooth porridge using a powder-based porridge cereal
- Wheat biscuit cereals soaked well with warm milk and blended until smooth
- Smooth full fat yoghurt with pureed fruit

### Desserts

- Many desserts are smooth and do not need to be pureed. These include custard, ground rice milk puddings, smooth yoghurts, mousse, and instant whip desserts
- Ice cream is not always a suitable consistency for this diet as they thin in the mouth. They should only be eaten if your speech and language therapist has said they are appropriate for you

## Meeting your nutritional needs

It may be difficult to meet your body's needs for food and drinks when you have swallowing difficulties. It can take longer for you to finish a meal and sometimes liquidised or pureed, minced or soft meals are less nutritious than normal meals.

For this reason, it is important to plan your meals to make sure you meet your protein, calorie and overall nutrient needs. Otherwise, you may lose weight. It is important to weigh yourself every week and keep note of your weight. Ideally, you should weigh yourself on the same day each

week and at the same time such as in the morning, before breakfast and getting dressed.

If you have been unwell, it is particularly important to make sure you eat and drink enough every day. This may help prevent weight loss and also help you regain any weight you have already lost.

## What changes can I make to the way I eat?

- Eat 'little and often'. Aim for 3 meals a day and at least 2 nutritious drinks or snacks between meals
- Try to include some carbohydrate at every meal, for example cereal, porridge, pasta, rice or potato. Carbohydrates help to keep up your energy levels throughout the day
- Try to eat a source of protein in at least 2 of your main meals, for example chicken, egg, fish, beans or meat. Protein is your body's 'building block' and is vital to maintain muscle mass, fight infection and repair wounds
- Try not to drink too much around mealtimes as this may make you feel fuller quicker and prevent you from finishing your meal
- Try to add extra calories and protein to your meal to make it as nourishing as possible
- Try to have 1 pint of milk every day





## Tips to improve your dietary intake

People who need modified texture foods may find it difficult to eat all the food they need. Here are some tips that may help prevent you from losing weight.

Talk to your speech and language therapist or dietitian to see which of these foods are suitable for you.

- ✓ Make sure you use full fat dairy products instead of low fat or skimmed options. You could fortify milk by adding a few tablespoons of dried milk powder to each litre of milk. Use this for drinking and cooking. This can only be done if you are taking normal drinks, not thickened fluids. Try adding full fat grated cheese to soups, pasta, vegetables and omelettes. You can use full fat yoghurt to make high calorie smoothies
- ✓ Mash vegetables and potatoes with milk, cream, butter, margarine or cream cheese. Try adding some grated cheese
- ✓ For quick and nutritious breakfasts add full fat milk, cream, honey, sugar or seedless jam to your porridge, yoghurt or cereal

- ✓ Blend pureed fruit with cream or custard
- ✓ Make up instant soups, sauces or gravies with milk instead of water
- ✓ Make instant coffee, hot chocolate, malt drinks with milk and enrich with a spoonful of cream
- ✓ Use sugar in tea and coffee, breakfast cereals and desserts
- ✓ Milkshakes can be made with ice cream, yoghurt and fresh fruit. Make sure there are no bits or lumps according to your recommended diet texture
- ✓ Eggs are a good source of protein and can be boiled, scrambled or poached and then blended
- ✓ Try different types of beans and lentils which are a good source of protein and fibre and are naturally soft. Make sure to remove any husks by blending well or sieving

If you are concerned you are losing weight, please speak to your speech and language therapist, dietitian, doctor or nurse.

For more ideas on different foods speak to your speech and language therapist.



For more information  
on Level 3 Liquidised  
Food consistency see  
[www.iddsi.org](http://www.iddsi.org)

## **For further help or information**

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