

Gloucestershire Hospitals 
NHS Foundation Trust

Department of Nutrition and Dietetics

Nourishing Food and Drink Ideas for Texture Modified Diets

Introduction

This leaflet is designed to help you get the right amount of energy and nutrients whilst on a modified texture diet. Below are a few tips and nourishing food and drink ideas. Always check with your Speech and Language Therapist if you're unsure if the consistency is safe for you to have.

- Aim to eat little and often, with high energy snacks between meals
- Choose full fat and full sugar products. If you have diabetes please discuss with your team
- Have nourishing drinks if you are unable to manage a meal
- Add double cream / cheese / butter / sugar / oil wherever possible when preparing meals. This can add extra energy
- When using full fat milk you can opt for fortified full fat milk:
 - Add four to five tablespoons of dried milk powder – mix milk powder with some milk to make a runny paste and add the rest of the pint






<u>Food item</u>	6 Soft & Bite-Sized	5 Minced & Moist	4 Pureed	<u>For extra energy if you're losing weight:</u>
Creamy yoghurt / Fromage frais	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	Smooth, no lumps	Choose full fat options
Mousse	✓	✓	✓	Choose full sugar options
Fruit fool (Smooth)	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	Smooth, no lumps	-
Custard	✓	✓	✓	Stir in dried milk powder or double cream. If using instant custard, make up using full fat milk
Crème caramel – no loose fluid	✓	✓	✓	-
Ice cream - Smooth, no lumps  DO NOT HAVE IF ON THICKENED FLUID	✓	✓	✓	Choose full fat options
Trifle  DO NOT HAVE JELLY IF ON THICKENED FLUID	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	X	-
Tiramisu	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	X	-

<u>Food item</u>	6 Soft & Bite-Sized	5 Minced & Moist	4 Pureed	<u>For extra energy if you're losing weight:</u>
Rice pudding	May have soft lumps (no bigger than 1.5cm)	May have soft lumps (lumps must be small enough to fit through prongs of a fork)	X	Add smooth jam or dried milk powder or cream
Whipped desserts e.g. angel delight / Instant whip	✓	✓	✓	Choose full sugar options and make with full cream milk
Cheesecake (no biscuit base)	✓	✓	Blended with cream and / or smooth jam	-
Panacotta / baked egg custard	✓	✓	✓	-
Cake / sponge pudding – soft and moist throughout	Presented in bite-size pieces (no bigger than 1.5cm x 1.5cm). Should be soft enough to be mashed or broken down with pressure from a fork or spoon	Serve mashed and with custard (lumps must be small enough to fit through prongs of a fork)	X	May be served with whipped cream / smooth jam / thick custard.
Porridge / or hot oat cereal e.g. Ready Brek – make sure milk is mixed in well	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	Smooth, no lumps	Make with full fat milk. STIR IN WELL: sugar, honey, smooth jam/ golden syrup / chocolate spread
Wheat biscuits fully softened with milk which has been fully absorbed	✓	✓	✓	Make with full fat milk. STIR IN WELL: sugar / chocolate spread

<u>Food item</u>	6 Soft & Bite-Sized	5 Minced & Moist	4 Pureed	<u>For extra energy if you're losing weight:</u>
Very soft cheese e.g. cottage cheese, cream cheese. Avoid sticky cheeses	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	Smooth, no lumps	Choose full fat varieties
Smooth Hummus	✓	✓	✓	Choose full fat varieties
Smooth pâté	✓	✓	✓	-
Mashed, ripe avocado. ENSURE IT IS NOT STRINGY	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	Smooth, no lumps	-
Thick and creamy homemade soup	May have soft lumps (no bigger than 1.5cm)	Smooth, no lumps	Blend and strain	Add cheese, cream, whole milk / milk powder / butter
Scrambled Egg	May have soft lumps (no bigger than 1.5cm)	Blend with plenty of milk to a smooth consistency	Blend with plenty of milk to a smooth consistency	Make with full fat milk / cream
Fruit - remove skins/ pips/ seeds and core	Soft and chopped pieces no bigger than 1.5cm x 1.5cm. Drain any excess liquid. Do not use the fibrous parts of the fruit	Serve finely mashed or use a blender to finely chop it into 4mm lump size pieces (drain any excess liquid)	Stew or mash e.g. banana	Blend with whipped cream to make a fruit fool. Serve with thick custard

DRINKS

<p>Milk</p>  <p>THICKEN AS INDICATED BY SPEECH & LANGUAGE THERAPY</p>	✓	✓	✓	Use full fat milk. See fortified milk recipe on page 1
<p>Hot chocolate / malted milk drinks</p>  <p>THICKEN AS INDICATED BY SPEECH & LANGUAGE THERAPY</p>	✓	✓	✓	Make with full fat milk and add sugar
<p>Thick smoothie - remove skins/ pips/ seeds and core from fruit before blending</p>  <p>IF ON THICKENED FLUID, ONLY TO BE GIVEN IF CONSISTENCY IS CHECKED BY A SPEECH & LANGUAGE THERAPIST</p>	✓	✓	✓	Make with full fat milk / full fat yoghurt. Add honey

You are currently recommended to have a
Level.....diet

Contact Information

Department of Nutrition and Dietetics
Cheltenham General Hospital
Sandford Road
Cheltenham
GL53 7AN
Telephone: 0300 422 3460

Department of Nutrition and Dietetics
Gloucester Royal Hospital
Great Western Road
Gloucester
GL1 3NN
Telephone: 0300 422 5506

Author: Michelle Barry & Sally Thomas
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