

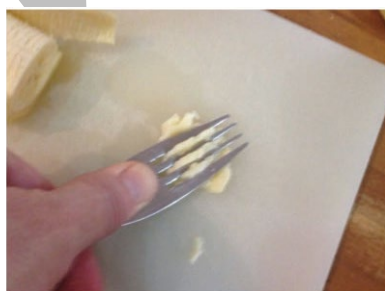
## Soft & Bite-Sized Diet (Level 6) Information for Patients/Carers

The Speech and Language Therapist (SLT) has assessed you / your relative because of a **swallowing problem**. A soft & bite-sized diet has been recommended as this is safer to swallow than regular food textures and could reduce the risk of choking.

### Soft & bite-sized food must be



- **Soft, tender and moist** but not have any separate thin liquid
- Cut into **bite-sized pieces** – about 1 ½ cm (width of a standard fork).
- Able to be mashed/broken down with pressure from a fork, spoon or chopsticks
- Able to be cut without the need for a knife



Food can be  
mashed with a flat  
fork and stays flat  
when the fork is  
taken away.

### Soft & bite-sized food



- Needs chewing before swallowing
- Can be eaten with a fork, spoon or chopsticks

### Soft & bite-sized food must not be



- Dry, hard, with hard lumps, fibrous or crumbly foods
- Food with skins on e.g. peas, beans, grapes.
- No bread or toast

Some foods can be made soft & bite-sized by adding fluids and making sure they are **totally absorbed**, e.g. Weetabix with milk. Any liquid that is not soaked up must be **drained away** before it is eaten or be **as thick as recommended**, by the SLT.

Any gravy/sauce/other liquid must be as thick as the Speech and Language Therapist has recommended for drinks.

You/Your relative may also find these types of food easier because you/they:

## Information for Patients

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- Have **pain** when chewing
- Get **tired** easily when chewing
- Have missing **teeth**
- Have poorly fitting or other problems with **dentures**
- Have **other difficulties** with eating

### Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
  - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
  - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

### Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: [patientinformationleafletfeedback@heartofengland.nhs.uk](mailto:patientinformationleafletfeedback@heartofengland.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

**If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.**