



## 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:

- Have **pain** when chewing
- Get **tired** easily when chewing
- Have missing **teeth**

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- Have poorly fitting or other problems with **dentures**
  - Have **other difficulties** with eating

## ***Accessibility***

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