



Regular diet (Level 7) Easy to chew Information for Patients/Carers

The Speech and Language Therapist (SLT) has assessed you / your relative because of a swallowing problem. A regular diet with easy to chew options has been recommended as this is easier to swallow.

This diet is regular, everyday foods of soft/tender texture. You should be able to “bite off” pieces of soft and tender food.

Food that **should not** be given on a regular diet, easy to chew:

- Stringy, fibrous texture e.g. pineapple, runner beans, celery, lettuce
- Vegetable and fruit skins including beans e.g. broad, baked, soya, black eye, peas, grapes
- Crunchy items e.g. toast, flaky pastry, dry biscuits, crisps
- Crumbly items e.g. bread crusts, pie crusts, crumble, dry biscuits
- Hard foods e.g. boiled and chewy sweets and toffees, nuts and seeds
- Husks e.g. sweetcorn and granary bread

Examples of meals that are regular diet, easy to chew:

- Soft sandwiches without crusts
- Jacket potato without skin, with easy to chew fillings
- Fish in sauce
- Macaroni cheese
- Mashed potato
- Soft, tender vegetables
- Cottage pie/ Shepherd’s pie
- Adding extra sauce, gravy to main meals to moisten
- Adding custard to cakes, dessert

For more information please contact Speech and Language Therapy on 0121 424 0432.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.