

Patient information

Soft Diet Ideas

Dietetics Department - Therapies

You have been advised to follow a soft diet. This leaflet will give you (and anyone involved in preparing your food) information about following a soft diet.

Useful Tips:

- Follow a little and often pattern. Aim to eat small meals more frequently (every two to three hours) using a saucer/side plate.
- Try to ensure meals have a source of protein e.g soft meat, fish, eggs, beans, lentils.
- Avoid foods that are difficult to swallow or digest e.g. bread/pastries/pies/tough meats.
- Use more sauces, gravy, cream, etc to soften foods. Moist food is easier to swallow than dry food.
- Fortify meals with butter, milk, cream, cheese to increase calorie content.

Meal and Snack Ideas

Breakfast

- Porridge/Ready Brek®
- Weetabix®
- Cereals that can be left to soften in milk e.g. Rice-krispies®
- Scrambled egg with butter
- Cheese omelette
- Stewed/soft tinned fruit (without skins/pips) e.g. apple/ apricots/peaches/pears served with yogurt or fromage frais
- Mashed banana with yogurt or fromage frais

Main meals

- Casseroles and stews (lean meats and cook until tender)
- Corned beef hash

- Jacket potato (inside only) with butter and cheese/ baked beans/ tuna/ cottage cheese
- Mashed potato/sweet potato with gravy
- Soft, flakey fish in white sauce
- Tinned tuna mayonnaise
- Lasagne
- Cottage pie/ shepherd's pie
- Fish pie (no bones)
- Noodles
- Pasta dishes e.g. tuna/ tomato based/ macaroni cheese
- Cream of tomato/chicken soup
- Tinned spaghetti
- Baked beans with grated cheese

Examples for vegetables

Cook vegetables until soft and fork mashable e.g. swede, carrots, butternut squash or other root vegetables mashed with butter/ margarine.

Mashed cauliflower/broccoli. Use florets (not stalks). Add sauce e.g. cheese or savoury white sauce for variety.

Snacks

- Soft 'Melt in your mouth' crackers with
- Smooth pâté (Fish or meat)
- Hummus
- Smooth nut butter
- Cottage/cream cheese
- Smooth guacamole
- Taramasalata
- Soft crisps e.g. Wotsits®, Quavers®, Skips®
- Plain chocolate (with no nuts/fruit)
- Glass of full cream milk/plant milk alternative or hot milky drink with soft biscuits e.g.
- Digestives/Rich Tea®
- Blended smoothie with yoghurt/milk/ice cream

Puddings

- Soft tinned fruit/ Fruit pots/ Stewed fruit served with yoghurt, custard, ice-cream or cream mousse
- Milk puddings e.g. Rice pudding, Yoghurt (full fat options), semolina, tapioca, custard
- Trifle
- Jelly
- Crème caramel
- Cheese cake
- Ice cream
- Angel Delight
- Sponge puddings

Below is an example of a soft meal plan:

Breakfast	-Porridge with full cream milk and honey OR -Scrambled egg with added butter and cheese
Mid am	- Stewed fruit and full fat yoghurt OR - Fortified fruit smoothie
Lunch	-Blended chicken/lentil/Pea and ham soup with double cream OR -Macaroni cheese
Mid pm	-Packet of soft crisps OR -Hummus on crackerbread OR - Mashed baked beans with grated cheese
Dinner	-Soft haddock in white sauce, mashed potato with added butter/full cream milk and mushy peas OR - Jacket potato (inside only) with tuna mayonnaise
Supper	- Hot chocolate/malted drink with soft biscuits OR - Pot of rice pudding or custard OR - Jelly and ice cream

Weight loss

Aim to weigh yourself regularly. If you are losing weight, you may require oral nutritional supplements- please speak to your Dietitian or GP.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information:

Aintree Hospital Dietitians
Telephone- 0151 529 3473

RLUH Upper GI Dietitians:
Telephone- 0151 706 4704
Email- Uppergidietitians@liverpoolft.nhs.uk

UGI related resources:
'Little and often support group'
Last Thursday of the Month 13:30-15:30
at Kent Lodge, Broadgreen Hospital

Oesophageal Patient Association:
Telephone: 0121 704 9860
Website: www.opa.org.uk
Email: enquiries@opa.org.uk

Macmillan cancer support
www.macmillan.org.uk

Author: Dietetics Department - Therapies
Review June 2027

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سهند کراون، نه‌گهر داوا بکړیت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی دمنگ، هیلی موون و ئلیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.