

# Pre-mashed diet

## Speech and Language Therapy Department

### Patient Information Leaflet

#### Introduction

Your speech and language therapist has recommended that a diet of pre-mashed food may help you. This leaflet gives more information on what food to eat, what to avoid and guidelines on swallowing food safely.

#### What food should I eat?

- Food that is soft, moist and that needs very little chewing
- Mashed up food. It is best to mash it up using a fork before serving. Meat must be finely minced or pureed with no hard bits
- No high risk foods (see list on the next page)
- Sauces should be very thick and smooth, with no loose, thin fluid

#### Examples:

- Casseroles using finely minced, tender meat
- Soft fish without bones, finely mashed in thick sauce or gravy
- Slightly overcooked, mashed vegetables
- Stewed apples – drain away any separate juice and serve it in very thick custard

## What foods should I avoid?

- Those with a stringy, fibrous texture such as pineapple, runner beans, celery or lettuce
- Mixed consistency foods such as cereals that do not blend with milk, mince with thin gravy, soup with lumps
- Crumbly or crunchy foods such as biscuits, crisps or flaky pastry
- Hard and chewy foods, for example, boiled or chewy sweets, hard lumps, tough meat
- Husks, and vegetable or fruit skin, such as those in sweetcorn, granary bread, peas, broad or baked beans, grapes

## Safe swallowing guidelines

- Ensure your posture is good and sit as upright as possible when you are eating
- Eat in a relaxed atmosphere
- Do not rush
- Try not to talk while eating and drinking
- Ensure you concentrate on swallowing
- Take small sips or mouthfuls
- Make sure that after you swallow, your mouth is clear before taking the next mouthful
- Clear any food residue from your mouth after a meal with sips of drink or by rinsing your mouth
- Ensure you remain upright for 30 minutes after eating
- Avoid having food and liquid in your mouth at the same time
- You may find it better to eat little and often

**Remember:** If you are sleepy or unwell, it may be more difficult for you to swallow than usual.

## What if I have problems?

If you notice any of the following, either contact your GP, or the Speech and Language Therapy team on 01384 456111 ext. 4565, for advice:

- Coughing, choking or coughing fits during or after meals, or when you are swallowing food or drink
- A gurgly voice after eating or drinking
- Food remaining in your mouth after a meal
- Shortness of breath during or after eating
- Food getting stuck in your throat
- Feeling chesty or having regular chest infections

In an emergency, go your nearest emergency department (A&E).

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Speech and Language Therapy team on 01384 456111 ext. 4565  
(8am to 4pm, Monday to Friday)

Russells Hall Hospital switchboard number:  
01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/speech-and-language-therapy/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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