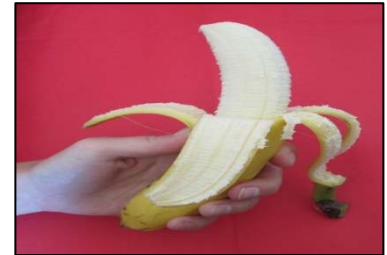


Fortified soft diet

Soft foods should be **smooth, moist** and **chewed easily** with **no tough skins or shells**. They can be broken into small lumps by your tongue, not your teeth, and are easily mashed with a fork, needing less chewing. You should only have a soft diet if this is your preference or if this has been advised by a healthcare professional.

- **Cook foods for longer** to make them a softer texture.
- **Choose full-fat products** rather than 'diet', 'low fat' or 'healthy eating' varieties as these provide more calories.
- **Add butter, cheese, mayonnaise or oil** into savoury options such as mashed potato, eggs or vegetables.
- **Add sugar, honey, cream, or dried milk powder** into sweet options such as porridge, rice pudding or custard.
- **Allow time for cereals to soften** and milk to be absorbed, or try serving with hot milk.
- **Serve meals with extra sauce or accompaniments.** Try a rich gravy, cheese or white sauce with your main meal and custard, cream or ice cream with your dessert.
- **Try naturally soft foods** such as casseroles, minced meat/vegetarian alternative or moist sponge cakes.
- **Avoid dry and crumbly foods** such as crisps, crackers and pastry.



Example fortified soft meal plan

- **Breakfast:** Soaked Weetabix or porridge with fortified milk and honey, and a glass of orange juice.
- **Mid-morning:** A cup of tea or coffee with fortified milk and a banana or Jaffa Cakes.
- **Lunch:** A rich shepherd's pie with creamy mashed potato and soft boiled carrots, followed by treacle sponge and custard made with fortified milk.
- **Mid-afternoon:** Skinless sausages with sour cream dip and a nourishing fruit smoothie or milkshake.
- **Dinner:** Omelette made with fortified milk followed by a creamy fruit yoghurt dessert.
- **Before bed:** Hot chocolate made with fortified milk, cream and sugar.

Tip: Ask your GP to refer you to a speech and language therapist (SLT) for more individualised advice.

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk