

## SPEECH AND LANGUAGE THERAPY – ADULT SERVICE

### Semi- Solid Diet

#### Recommendations:

- Take small amounts in each mouthful
- Do not 'wash' food down with a drink
- If you have been advised to use a chin down posture, tilt your chin down towards your chest **before** you swallow and lift your head back up **after** you have finished the swallow(s).

A semi-solid diet includes food which is **moist** and **tender** and which can easily be broken into pieces with a fork.

#### Suggestions for a semi-solid diet:

- Tender casseroles
- Curry and rice
- Pasta e.g. lasagne
- Soft sandwiches e.g. egg mayonnaise, tuna, grated cheese
- Sponge pudding and custard

#### Foods to avoid:

- Sandwiches with meat or salad
- Food with skin on e.g. peas, apples
- Food with pips e.g. tinned tomatoes
- Dried foods e.g. biscuits, crisps, pastry
- Stringy foods e.g. green beans, cabbage rhubarb
- Hard foods e.g. nuts, toffees
- Fizzy drinks

If you have any concerns or questions about a semi solid diet, please contact the Speech and Language Department at the below telephone number:

Walsall Manor Hospital – Speech and Language	01922 721172 – extension: 6266
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