

SPEECH AND LANGUAGE THERAPY – ADULT SERVICE

Soft Mashable 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 soft, mashable diet includes any food that can be **mashed** with a fork.

It may help to add butter or gravy / sauce before mashing it.

Suggestions for a soft, mashable diet:

- Weetabix
- Porridge
- Scrambled eggs
- Omelette
- Fish Pie
- Fish in parsley sauce
- Tender cottage or shepherd's pie
- Well cooked pulses e.g. dhal or lentils
- Cauliflower / broccoli cheese
- Corned beef
- Jacket potato with grated cheese / tuna mayonnaise (**remove potato skin**)
- Mashed potatoes, sweet potatoes, plantain
- Well cooked carrots
- Stewed apple
- Mashed banana
- Custard
- Rice pudding, keer
- Mousse, ice-cream, yoghurt, fromage frais, crème caramel

SPEECH AND LANGUAGE THERAPY – ADULT SERVICE

Foods to avoid:

- Bread, toast, sandwiches
- Fruit and vegetables with skins e.g. apples, grapes, sweet corn, peas
- Stringy foods e.g. green beans, cabbage, rhubarb
- Food with pips e.g. tomatoes
- Boiled, fried or poached eggs
- Dried foods e.g. biscuits, cakes, crackers, crisps, nuts
- Sausages
- Fish in batter
- Poppadum

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

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