

PATIENT: _____ **THERAPIST:** _____ **DATE:** _____

		<p>Swallowing Advice:</p> <h2 style="margin: 0;">IDDSI Liquidised</h2>	
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Why do I need liquidised food?

- You find it hard to chew and swallow
- You have some trouble using your tongue to hold and move food in your mouth
- You are more likely to get chest infections or choke on food that is not Liquidised.

A guide to Liquidised food:
Foods can be liquidised using a blender, food processor or by finely mashing and then sieving.

 <p>Pureed and sieved</p>	<ul style="list-style-type: none"> ✓ Food is smooth and moist with no lumps or bits eg. shell, skin, bone, fat ✓ It can be sieved to remove any small bits or lumps
 <p>Does NOT need chewed</p>	<ul style="list-style-type: none"> ✗ Food does NOT need chewed ✓ Some fine texture is OK, as long as food stays together in the mouth
 <p>Does NOT hold it's shape</p>	<ul style="list-style-type: none"> ✓ MUST pass the fork drip test: <ul style="list-style-type: none"> • Drips slowly in dollops through the fork • The fork prongs DO NOT leave a clear mark on top • Cannot be eaten with a fork as it drops through ✓ This food needs to be eaten with a spoon ✓ It can be drunk from a cup ✗ Does not hold it's shape and spreads out on a flat surface
 <p>Final Check</p>	<ul style="list-style-type: none"> ✗ No hard pieces, crust or skin have formed during cooking or standing eg. cheese topping, rice pudding, custard skin ✗ Any liquid in or around the food has not become thinner

PATIENT:

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Swallowing Advice:

IDDSI Liquidised

Some tips for preparing Liquidised foods

How?

- Use a blender, food processor or mash and then sieve
- Before blending remove tough skins and large seeds
- Always liquidise dry foods with extra liquids such as milk, gravy, stock etc. Try not to use water as this reduces the goodness in the food
- If your Speech and Language Therapist has said you need thickened liquids/ drinks make all sauces to the same thickness
- After you have liquidised the food, it can become thinner and might need thickened. A thickener can be added to do this
- Liquidise small amounts at a time to avoid lumps.

Presentation is extremely important!

- It is a good idea to liquidise each food separately so that each food has its own portion on the plate. This helps the food look better and keep the taste and colour
- Do not liquidise whole meals as one, this looks less appetising
- This food can look very different from normal. It is important to be told what it is before eating
- Food can be made look tastier by moulding, layering or piping into different shapes on the plate
- Remember that liquidising foods can cool them down, so foods may need heated before you eat them.

NOTE!

NO ice-cream or jelly unless your Speech and Language Therapist has said this is OK.

For more examples go to: <https://iddsi.org/framework/>

For more information on the testing methods go to: <https://iddsi.org/framework/food-testing-methods/>

Please talk to your doctor if you are worried about anything to do with what you eat, your diet or your health.