

## Patient information factsheet

# Enriching your texture modified diet

## For Level 4 (puréed) & Level 6 (soft and bite-sized) diets

This factsheet must be used together with the Level 4 (puréed) or Level 6 (soft and bite-sized) patient information factsheet.

### Top tips to enrich your diet

- Eat little and often by having small meals, snacks and nourishing drinks throughout the day.
- Make all your food and drinks as nourishing as possible. We've given you some ideas on the next page.
- Use fortified milk instead of normal milk to make up milky drinks, packet soups, sauces, custard, porridge (follow speech and language therapists' guidance on thickened fluids as needed).
- It may be advisable to take a multivitamin or mineral that can be purchased over the counter while on a texture modified diet. You may need a soluble or liquid version.
- Ready-made purée and soft and bite-sized meals are available from some companies, such as Wiltshire Farm Foods, Oakhouse Foods.
- Avoid low fat, low sugar, low calorie or diet products and use full fat options where available.

**If you have diabetes, keep to a lower sugar diet, even when you are trying to enrich your diet. Use low sugar products and avoid adding sugar, syrup or honey to food and drinks.**

### Recipe for fortified milk

#### Ingredients

- one pint (568ml) of full fat/whole milk
- four heaped tablespoons (60g) of milk powder

#### Method

1. Mix the milk powder with a small amount of the milk to make a paste
2. Stir in the rest of the milk
3. Use and store as normal milk

### Food fortification ideas

You can fortify (add nutrients to) your foods to make them more energy and protein-rich. Foods which can be added to meals to increase energy and protein are listed in the table on the next page.

Make sure your foods and fluids are made to the recommended texture after you have added in the fortifying ingredients (See Level 4 (puréed) or Level 6 (soft and bite-sized) factsheet).

# Patient information factsheet

| Breakfast  | Soups   | Mashed potato   |
|--|---|---|
| Fortified milk<br>Smooth yogurt<br>Cream<br>Honey<br>Seedless jam<br>Syrup<br>Pureed fruit   | Cheese*<br>Mascarpone or other soft cream cheese<br>Evaporated milk<br>Fortified milk<br>Milk powders<br>Silken tofu<br>Cream<br>Crème fraiche<br>Red or yellow split lentils (cooked until soft and then pureed if used for Level 4) | Cheese*<br>Mascarpone or other soft cream cheese<br>Milk powders<br>Cream<br>Crème fraiche<br>Margarine<br>Butter<br>Olive/vegetable oil    |
| Vegetables   | Sauces  | Puddings  |
| Cheese*<br>Salad cream<br>Mayonnaise<br>Sauces<br>Olive/vegetable oil<br>Margarine<br>Butter | Cheese*<br>Mascarpone or other soft cream cheese<br>Crème fraiche<br>Silken tofu<br>Milk powders<br>Smooth yogurt<br>Evaporated milk<br>Cream<br>Butter<br>Margarine<br>Smooth nut/seed butters or paste<br>Olive/vegetable oil       | Smooth yogurt<br>Evaporated/condensed milk<br>Custard<br>Milk powders<br>Cream<br>Crème fraiche<br>Honey<br>Seedless jam<br>Chocolate sauce |

**\*If cheese is grated and heated onto food, it may become stringy and difficult to swallow and therefore no longer suitable.**

If you need thickened fluids, you should also avoid jelly, ice cream and frozen yogurt as these melt and become thin fluids in the mouth.

## Contact us

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