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Speech & Language Therapist:

7**Easy to Chew Foods
Level 7****7****General description:**

- ✓ Normal, everyday foods of soft, tender texture
- ✓ May include 'mixed thin and thick texture' food and liquids together
- ✓ Foods may be a range of sizes, there is no size limit or recommendation
- ✓ It can be cut or broken apart easily with the side of a fork or spoon. A knife is not required to cut this food.
- ✓ You should be able to 'bite off' pieces of the food and choose bite-sizes that are safe for you to chew and swallow
- ✓ You should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily

- ✗ Avoid any hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits. See over for further details.
- ✗ Avoid pips, seeds, pith, membrane, skins, outer shells e.g. citrus fruit, tomatoes, peas, grapes
- ✗ Avoid round or long-shaped foods e.g. grapes, sweets. No hard chunks e.g. pieces of apple.

Please turn over for more information

Type	Example	Picture	
Stringy, fibrous texture	Pineapple, Runner beans, Celery, Lettuce		
Vegetable/fruit skins	Peas, Grapes, Beans (e.g. Broad, Baked)		
Crunchy foods	Toast, Flaky Pastry, Dry biscuits, Crisps		
Crumbly items	Bread crusts, Pie crusts, Crumble, Dry biscuits		
Hard foods	Boiled and chewy sweets, Toffees, Nuts and Seeds		
Husks	Sweetcorn, Granary bread		

Meat and fish

- Cooked until tender
- No hard lumps or gristle.
- If meat or fish cannot be served soft or tender, serve as minced and moist.

Fruit and vegetables

- Cooked until tender
- Juicy fruit should be mashed or chopped – drain away any juice that has separated
- Avoid fibrous parts of fruit and veg e.g. remove skins
- Vegetables can be steamed or boiled until tender
- Stir fried vegetables are often too firm and not suitable for this level.

Cereal

- The texture of thick smooth porridge with soft tender lumps
- Any milk/fluid must be drained off, i.e. no loose fluid/no mixed (thick/thin) textures

Dessert

- No ice-cream or jelly if a person requires **thickened fluids** (because these can change to thin fluid in the mouth).

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Easy to Chew Foods Level 7 Meal Ideas

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Breakfast

- Egg (scrambled, poached, boiled, fried)
- Soft fruits (skinned) e.g. chopped banana, ripe peaches, melon, nectarines, strawberries
- Porridge, Ready Brek or instant oat cereal
- Weetabix soaked well in milk
- Pancakes with syrup

Main meal

- Well-cooked soft pasta and sauce
- Boiled white rice (well cooked) with plenty of thick sauce
- Steamed, poached or baked fish e.g. cod, haddock in sauce
- Plain, soft omelette with soft filling
- Minced meat in thick gravy
- Tender meat casserole with plenty of thick sauce or gravy
- Lean tender pieces of meat e.g. chicken, turkey with plenty of thick gravy
- Thick creamy soup
- Fish pie
- Cottage pie

Dessert

- Plain sponge cake, cake bars or sponge fingers with custard or cream – no fruit cake
- Steamed plain pudding with custard or cream, e.g. sticky toffee pudding, vanilla sponge
- Soft fruit - tinned or fresh
- Stewed fruit with yoghurt, cream or evaporated milk
- Thick and creamy yoghurt or fromage frais
- Crème caramel
- Egg custard
- Rice pudding
- Semolina

Snacks

- Soft cake, plain or flavoured sponge. For example, chocolate sponge, treacle sponge, gingerbread. Do not give cake that contains dried fruit or nuts or is topped with hard icing or marzipan
- Melt in the mouth crisps, e.g. Wotsits, Quavers, Skips, Pom-Bears, Monster Munch
- Chocolate, e.g. room temperature buttons, After Eight mints, chocolates with fondant centres. Do not give chocolate that contains dried fruit & nuts, e.g. Snickers
- Ripe fruit cut into small pieces or gently mashed, e.g. banana, pears, peaches, plums, nectarines, melons, mangoes (all skinned), strawberries, raspberries
- Pots of yoghurts, pots of soft or puréed fruit, 'Muller' rice
- Moist' sandwiches, e.g. tuna, egg or grated cheese mayonnaise, cottage cheese, hummus, cheese spreads, pâtés

Other: