

Nutrition and Dietetics

How to eat well on a modified texture diet

The texture of the foods you eat may change while you're treated for cancer. This is because of

- the side effects of your treatment, or
- your type of cancer

This leaflet can help you with ideas for different foods and textures to try. This will help you to eat more and maintain your weight.

If you've been reviewed by a speech and language therapist (SLT), follow their advice.

Food texture

Different foods have different textures. This can make them easier or harder to eat.

Regular diet

A regular diet has foods with no restriction in texture. These foods may be dry, stringy, and crunchy.



Soft and bite-sized diet

A soft and bite-sized diet has foods with a sauce. You can break the foods down without much chewing.

- Add extra sauces and gravy to make food easier to swallow.

Soft and bite-sized diet meal ideas

Breakfast	Lunch and dinner	Snacks and puddings
Cereal with milk	Cottage/fish pie	Sponge cake with custard
Porridge	Fish in sauce	
Overnight oats	Cauliflower cheese	
Full-fat yoghurt with fruit	Spaghetti bolognese	Soft crackers such as Cheddar® or Tuc® biscuits with
Scrambled eggs with avocado	Macaroni cheese	○ pâte
Pancakes with yoghurt and honey	Paneer/lentil curry	○ guacamole
	Scrambled eggs	○ hummus
	Baked beans	○ soft cheese
	Risotto	○ smooth peanut butter

Pureed diet

A pureed diet has smooth foods with no lumps or bits.

Tips for a pureed diet

- Use a liquidiser to blend. A sieve or spoon can remove lumps.
- Add extra gravy, milk, cream, butter or oil, custard, or ice cream to food to keep it moist.
- Puree each section of the meal separately. This will make them look more appetising.
- Puree ready meals for ease and convenience.

Pureed diet meal ideas

Breakfast	Smaller meals	Meals	Snacks and puddings
Ready Brek®	Tinned spaghetti/ravioli/ baked beans pureed with grated cheese	Pureed casserole/stew	Blended rice pudding or semolina
Smooth full-fat yoghurt	Mashed potato with cream cheese/grated cheese/corned beef	Pureed lasagne/cottage pie/chilli con carne	Pureed stewed fruit with custard/ice cream
Weetabix® blended with milk	Tinned tuna	Pureed curry/dahl	Blended banana with custard
	Meat or fish paste	Pureed fish pie with white sauce	Mousse
			Blended sponge with custard or cream

You may be able to manage:

- Crème caramel, panna cotta, blancmange
- Hummus and dips
- Melting crisps such as Quavers®, Skips® or cheese puffs

Patient Information

High-calorie mousse recipe

1 portion provides 400 calories and 12g protein

Ingredients - makes 4 portions

- 50g packet Angel Delight®
- 200ml double cream
- 200ml evaporated milk
- 5 heaped tbsp dried milk powder

Method

1. Mix the Angel Delight® and milk powder with enough milk to form a smooth paste.
2. Add the remaining ingredients
3. Whisk together well

Optional flavourings - 1 tablespoon of:

- Toffee or chocolate sauce
- Whipped cream
- Jam
- Clotted cream

Patient Information

Liquid diet

A liquid diet has smooth, runny foods of a pouring consistency.

Tips for a liquid diet

- Add milk, cream or grated cheese to soups or
- Add milk, cream, ice cream or full-fat yoghurt to smoothies.
- Choose soups with beans, pulses, meat or fish for extra protein. You will need to blend these.

Liquid diet meal ideas

Breakfast	Meals	Snacks
Homemade or shop-bought smoothies or milkshakes Yoghurt drinks Ready-made cereal drinks such as <ul style="list-style-type: none">• Weetabix On the Go[®]• Up & Go[®]	Homemade or shop-bought “cream of” smooth soups, sieved/blended to remove any lumps/solids	Thin, pourable custard with extra milk Full-fat milk or milkshakes Hot chocolate Ice cream Prescribed nutritional supplements

Patient Information

Milkshake recipe

1 portion provides 260 calories and 12g protein

Ingredients – makes 1 portion.

- 180ml full fat/whole milk (blue top)
- 30ml double cream or 1 scoop ice-cream
- 5 heaped teaspoons dried milk powder
- 3 heaped teaspoons of milkshake powder such as Nesquik®, Crusha® or supermarket-own milkshake mix
- Optional flavourings - 1 tablespoon of:
 - honey
 - maple syrup
 - whey protein powder
 - vanilla extract
 - yoghurt
 - ground almonds
 - smooth nut butter
 - banana

Method

1. Mix the milk powder with enough milk to form a smooth paste.
2. Add the remaining ingredients.
3. Whisk together well.

Patient Information

Food boosters

If you have lost or are losing weight, increase the amount of energy and protein in your diet. This will stop you from losing any more weight.

Add these foods to your meal for an extra 100 calories:

Sweet	Savoury
20ml double cream	1 heaped teaspoon mayonnaise
30ml condensed milk	1 tablespoon pesto
1 ½ tablespoons honey	1 heaped tablespoon hummus
1 scoop ice cream	1 tablespoon butter
1 tablespoon nut butter	1 tablespoon olive oil

You can order puree and soft ready meals from:

Wiltshire Farm Foods

www.wiltshirefarmfoods.com

Phone: 0800 077 3100

Apetito

www.apetito.co.uk

Phone: 01225 560 136

Oakhouse Food

www.oakhousefoods.co.uk

Phone: 0333 370 6700

Recipes online

Nourish Cookbook

https://www.materprivate.ie/docs/default-source/default-document-library/nourish-cookbook---digital.pdf?sfvrsn=fb20b6ec_0

Eating Well with Swallowing Difficulties in Cancer

<https://www.breakthroughcancerresearch.ie/wp-content/uploads/2021/01/eating-well-with-swallowing-difficulties-in-cancer.pdf>

Beyond the Blender

https://www.griffith.edu.au/_data/assets/pdf_file/0012/540012/Beyond-the-Blender-dysphagia-cookbook.pdf

Dining with Dysphagia

<https://speech.steinhardt.nyu.edu/dysphagia-cookbook/>

Eating with Confidence

<https://www.yumpu.com/en/document/read/67107065/eating-with-confidence>

<https://thewallows.org.uk/library-item/lauras-im-dizz-cook-book-eating-with-confidence/>

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