

Level 3 (Liquidised Diet)

North Devon District Hospital

Dietetic Service

Other formats

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Introduction

Difficulties with eating, drinking and swallowing are called '**dysphagia**'. This condition affects lots of people due to different causes. A Speech and Language Therapist has assessed and diagnosed your eating, drinking and swallowing difficulties.

Your Speech and Language Therapist has recommended that you only eat Level 3 foods (liquidised food)



Your Speech and Language Therapist has recommended that all your drinks should be:

- 4. Extremely thick
- 3. Moderately thick
- 2. Mildly thick
- 1. Slightly thick
- 0. Thin (un-thickened)

It is really important to drink enough fluids. Drinking 8-10 cups (approx. 2L per day) will ensure you keep well hydrated and healthy. Drinks can be hot or cold, for example milk, fruit juice, tea or coffee.

Choosing and preparing Level 3 liquidised food

Liquidised food:

- Can be drank from a cup
- Can be taken with a normal or wide straw with some effort
- Cannot be pipped or moulded
- Can be eaten with a spoon
- No chewing is required
- Should be smooth texture with no 'bits, lumps, fibres, skin husk or gristle
- It is not possible to hold this food texture using your fingers
- Easily pours from a spoon when tilted

Examples of foods with this texture include:

- Tinned tomato soup
- Thin sauces and gravies



Image kindly provided by the International Dysphagia Diet Standardisation Initiative 2016

www.iddsi.org/framwork

All **level 3 LIQUIDISED food** must be cooked until soft and then liquidised to a smooth consistency. Some foods may need to be sieved and thickened (see the next page for guidance)

- Adding liquid to the food may make it easier to liquidise
- Use nourishing liquids/ sauces to make liquidised easier
- Suitable liquids include fortified or full fat milk, think cheese sauce, gravy, cream or crème fraîche
- Do not add water – this will dilute the nutritional value.

Equipment to prepare Level 3 meals

Liquidiser/food processor – best for liquidising foods containing different textures such as stews and casseroles.

Ingredients can easily be added to fortify foods during liquidising, e.g. fortified milk and grated cheese or soft breadcrumbs to create a smooth, uniform texture.

- Ensure the blades are covered with food.
- Never overfill the container.
- Do not use boiling liquids.
- Take care if food is hot.
- Hold the lid firmly (use a cloth to do this if the food is hot).
- Liquidise main course and vegetables separately.

Sieve – can be used to hold back ‘bits’ e.g. husks in porridge or seeds in liquidised fruit.

Small balloon (wire) whisks – can be useful for adding in dry powder like milk powder, corn flour or thickeners. Cream and yoghurt can also be easily whisked into sauces.

Ensure that **all equipment is cleaned thoroughly** after use as food can become trapped and hard to clean once it’s dried on.

Some foods **may need to be re-heated** after altering the texture. This can easily be done in the microwave or in a bowl over a pan of simmering water. This is only to be done once and any remaining food must be thrown away.

Freeze ‘extra’ meals – allow to cool and freeze quickly. Allow to thaw completely before reheating.

Reheat foods until piping hot and allow to cool to individual preferences.

When reheating foods, **be careful** to keep an eye out for crusts or any liquids that may have separated from the food. **Discard** this liquid before eating.

How to make foods and meals as appetising as possible

- Do not liquidise the meal altogether. Blend individual elements of the meals separately to help with variety of flavour and overall enjoyment of the meal e.g. blend the chicken casserole, mashed potato and the carrots separately.
- Make use of the natural colour of food to ensure variety, for example liquidised fish and sauce, liquidised carrots, and liquidised chocolate dessert.
- Add extra flavour to food with spices, smooth pesto and/or decorate with sauces such as tomato ketchup or smooth fruit syrup.

Serve level 3 liquidised food in individual bowls so that food does not spread on the plate and become cold quickly.

Needing extra nourishment?

If your appetite is poor/you are underweight/lost weight without trying, you may need extra nourishment.

- Aim to have 3 small meals and 2-3 nourishing snack each day
- Try to have something to eat every 2-3 hours (during waking hours)
- Avoid diet/ slimming foods such as reduced fat, low fat and sugar free or low-calorie varieties.
- Full cream milk to be used in all drinks / food.
- Fortify foods (consider ideas in the table below)

Fortified milk recipe

Whisk 4 tablespoons of skimmed milk powder thoroughly into 1 pint of full fat milk and use throughout the day in your drinks/meals

Food	Ideas to add extra nourishment
Cereals	Fortified milk or smooth full fat yogurt, cream, honey, seedless jam, syrup or liquidised fruit
Sauces	Grated cheese * cream cheese, silken tofu, milk powder, coconut milk, smooth full fat yogurt, evaporated milk, cream, butter, margarine
Mashed potato	Grated cheese*, cream cheese, milk powder, smooth nut/seed butters or pastes, cream, crème fraiche, margarine, butter, olive oil
Vegetables	Full-fat salad cream, full fat mayonnaise, smooth nut/seed butters or pastes, grated cheese*, smooth full fat yoghurt, sauces, olive oil, margarine, butter
Soups	Grated cheese*, mascarpone or other full-fat soft/cream cheese, evaporated milk, fortified milk, milk powder, silken tofu
Puddings	Smooth full fat yoghurt, evaporated or condensed milk, full fat crème fraiche, coconut milk powder, custard, cream, chocolate sauce, seedless jam, honey.

Do not use stringy or chewy cheese, or cheese with rind.
Hard cheese like cheddar, parmesan or red Leicester is best.
Always make sure it is melted and fully incorporated into your meal or snack.



Level 3 (liquidised food)

Foods	Liquidise all to Level 3 Using nourishing liquids or sauces	Avoid
<p>Meals</p> <p>All must include a source of protein such as meat, fish, eggs, pulses, cheese or vegetarian alternatives.</p>	<p>Tender meat such as stew casserole or curry served with potatoes.</p> <p>Mince and potatoes, corned beef hash or stovies.</p> <p>Shepherd's, cottage pie or fish pie* with liquidised, soft mashed potatoes topping.</p> <p>Scottish black pudding (skin removed) and baked beans.</p> <p>Fish* in sauce with potatoes.</p> <p>Tuna in mayonnaise with mashed potato.</p> <p>Lentils – cooked in sauce/gravy/stock e.g. Dahl or lentil casserole.</p> <p>Root vegetable curry with silken tofu.</p> <p>Eggs – scrambled, baked, hard boiled or poached in sauce or mayonnaise.</p> <p>*Ensure all bones are removed from fish</p>	<p>Tough meat, fat or gristle.</p> <p>Cold or processed meat such as chopped pork, luncheon meat, sausage, burger, haggis.</p> <p>Meat, fish and poultry with bones, e.g. Chicken thighs, sardines.</p> <p>Fried/breaded/battered fish and chicken products etc.</p> <p>Pastry – any pies, pastries or sausage rolls.</p> <p>Pizza.</p> <p>Fried egg, Scotch eggs.</p>

Foods	Liquidise all to Level 3 Using nourishing liquids or sauces	Avoid
<p>Starchy carbohydrates Include with every meal</p>	<p>Porridge made with milk, liquidised and sieved. Ready Brek™ or instant porridge without bits made with milk. Weetabix soaked in plenty of warm milk with any bits sieved. Well cooked pasta. Potatoes, sweet potatoes without skins.</p>	<p>Porridge with bits such as Apple Ready Brek™ or multigrain varieties. Crisps, coarse and/or mixed texture cereals such as All-Bran™, Shredded Wheat™, muesli, bran flakes, corn flakes or Rice Krispies™. All bread and toast. Pancakes, bagels, pizza and other baked goods. Rice</p>
<p>Soup Always ensure that this is thickened to your appropriate drink level</p>	<p>Smooth soups containing meat, fish, lentils, split peas, silken tofu or with fortified milk, cheese, soft breadcrumbs or cream added for extra nourishment. Must be liquidised to a smooth, consistent texture – may need to be sieved.</p>	<p>Soups with mixed texture and/or have not been liquidised such as Scotch broth or chicken and rice.</p>
<p>Vegetables</p>	<p>Tomatoes – tinned and sieved or fresh, skinned and deseeded. Well-cooked soft vegetables with no stalks, for example cauliflower and broccoli tops, carrot, turnip, parsnip, butternut squash. Baked beans and mushy beans – may need to be sieved.</p>	<p>Salads and salad vegetables – lettuce, cucumber, raw carrot, onions, peppers, celery, coleslaw. Raw or under cooked (al dente) vegetables. Mushrooms, peppers, courgettes. Peas, sweetcorn, runner beans. Kidney, borlotti, broad or black eyed beans.</p>

Foods	Liquidise all to Level 3 Using nourishing liquids or sauces	Avoid
Fruit	<p>Stewed apples or pears with skins removed.</p> <p>Tinned mandarins.</p> <p>Soft fresh or tinned fruit – pears, peaches, nectarines, banana.</p> <p>Kiwi fruit, strawberries, raspberries, sieved to remove seeds.</p> <p>Melon – excess fluid drained and may require thickening.</p> <p>Fruit puree. Fruit smoothie – may need to be sieved.</p>	<p>Hard and/or mixed texture fresh fruit such as pineapple, apple, orange and other citrus fruits.</p> <p>Dried fruit.</p>
Dairy and alternatives	<p>Cream and soft cheese with no rind, for example mascarpone, ricotta, soft goats' cheese, full fat Philadelphia™.</p> <p>Natural yoghurt, fromage frais, crème fraiche and cream can all be added to savoury dishes.</p> <p>Silken tofu can be used in sauces, soups and desserts as a substitute for cream – always blend it well to ensure it is smooth and fully incorporated.</p>	<p>Solid pieces of cheese</p> <p>Cheese with rind.</p> <p>Stringy cheese such as mozzarella or gruyere.</p> <p>Chewy cheese such as halloumi or paneer.</p>
Desserts and sweet snacks	<p>Smooth yoghurt or fromage frais.</p> <p>Thick custard/semolina thinned with fortified/full fat milk or cream.</p> <p>Rice pudding with seedless jam.</p> <p>Mousse or whips.</p> <p>Smooth syrup style sauces such as chocolate or fruit flavour.</p> <p>Fruit smoothie – may need to be sieved.</p>	<p>Yoghurt with bits, e.g. fruit, nuts, toffee, chocolate.</p> <p>Cheesecake.</p> <p>Pies and sweet pastries.</p> <p>Crumbles.</p> <p>Meringue.</p> <p>Biscuit, cookies, doughnuts.</p> <p>Sweets – mints, boiled, chocolate</p>
Savoury snacks	<p>Avocado liquidised with yoghurt, mayonnaise or cream cheese.</p> <p>Fortified smooth soups.</p>	<p>Crisps, nuts, pretzels, Bombay mix, crackers, flatbread.</p>

Sample meal plan



Meal	Day 1	Day 2
Breakfast	Liquidised fruit. Porridge made with milk or cream, liquidised and sieved.	Fruit juice. Liquidised rice pudding with seedless jam.
Mid morning	See snack ideas	See snack ideas
Lunch	Cauliflower cheese liquidised with milk or cream and mashed potatoes. Liquidised banana and custard.	Lentil soup liquidised with soft breadcrumbs and grated cheddar cheese until smooth with a consistent texture. Liquidised fruit and smooth yoghurt.
Mid afternoon	See snack ideas	See snack ideas
Evening meal	Liquidised corned beef hash with broccoli tops. Chocolate mousse with fruit syrup.	Liquidised chicken casserole with potatoes and carrots. Custard and smooth fruit puree.
Bedtime	Fortified hot milky drink, e.g. hot chocolate, Hot malted milks such as Horlicks™, Ovaltine™ etc.	Fruit smoothie

Further information

If you have any queries about your diet, please do not hesitate to contact the dietetic team.

Dietetic Department
North Devon District Hospital
Barnstaple
Telephone: 01271 322306 (Monday- Friday)

Useful websites

International Dysphagia Diet Standardisation Initiative (IDSSI)

Website: <https://iddsi.org/>

Nutrition and Diet Resources (NDR)

Website: <https://www.ndr-uk.org/>

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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