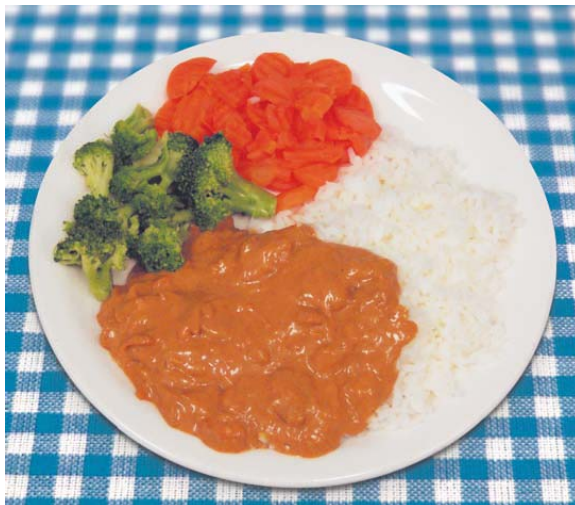


# Soft foods

A Soft Food Consistency Diet includes a range of food textures, which encourage **very easy chewing** movements but avoid fatigue from dealing with hard and or chewy food.

## Characteristics of soft food:

- Can be chewed but not necessarily bitten
- Require minimal cutting and can be easily broken with a fork
- Are moist or served with a sauce or gravy to increase moisture content (all sauces/gravies must be served at the required thickness level).



## Breads, cereals, rice, pasta, noodles

### Appropriate

- Soft sandwiches(a) with very moist fillings eg egg and mayonnaise, hummus (remove crusts and avoid breads with seeds and grains)
- Breakfast cereals well moistened with milk(b)
- Soft pasta(a) and noodles
- Rice (well cooked)
- Soft pastry, for example quiche with a pastry base
- Other, soft, cooked grains.

### Inappropriate

- Dry or crusty breads, breads with hard seeds or grains, hard pastry, pizza
- Sandwiches that are not thoroughly moist
- Course or hard breakfast cereals that do not moisten easily, eg toasted muesli, bran cereals, cereals with nuts, seeds and dried fruit.



<b>Vegetables, legumes</b>	
<p style="text-align: center;"><b>Appropriate</b></p> <ul style="list-style-type: none"> <li>Well cooked vegetables(a) served in small pieces or soft enough to be mashed or broken up with a fork</li> <li>Soft canned vegetables, eg peas</li> <li>Well cooked legumes (the outer skin must be soft), eg baked beans.</li> </ul>	<p style="text-align: center;"><b>Inappropriate</b></p> <ul style="list-style-type: none"> <li>All raw vegetables (including chopped and shredded)</li> <li>Hard, fibrous or stringy vegetables and legumes, eg sweet corn, broccoli, stalks.</li> </ul>
<b>Fruit</b>	
<p style="text-align: center;"><b>Appropriate</b></p> <ul style="list-style-type: none"> <li>Fresh fruit pieces that are naturally soft, eg banana, well-ripened pawpaw</li> <li>Stewed and canned fruits in small pieces</li> <li>Pureed fruit</li> <li>Fruit juice(b).</li> </ul>	<p style="text-align: center;"><b>Inappropriate</b></p> <ul style="list-style-type: none"> <li>Large/round fruit pieces that pose a choking risk, eg whole grapes, cherries</li> <li>Dried fruit, seeds and fruit peel</li> <li>Fibrous fruits, eg pineapple.</li> </ul>
<b>Milk, yoghurt, cheese</b>	
<p style="text-align: center;"><b>Appropriate</b></p> <ul style="list-style-type: none"> <li>Milk, milkshakes, smoothies(b)</li> <li>Yoghurt (may contain soft fruit)(b)</li> <li>Soft cheeses, (a) eg Camembert, ricotta.</li> </ul>	<p style="text-align: center;"><b>Inappropriate</b></p> <ul style="list-style-type: none"> <li>Yoghurt with seeds, nuts, muesli or hard pieces of fruit</li> <li>Hard cheeses, eg cheddar and hardened/crispy cooked cheese.</li> </ul>
<b>Meat, fish, poultry, eggs, nuts, legumes</b>	
<p style="text-align: center;"><b>Appropriate</b></p> <ul style="list-style-type: none"> <li>Casseroles with small pieces of tender meat(a)</li> <li>Moist fish (easily broken up with the edge of a fork)</li> <li>Eggs(a) (all types except fried)</li> <li>Well cooked legumes (the outer skin must be soft), eg baked beans</li> <li>Soft tofu, eg small pieces, crumbled.</li> </ul>	<p style="text-align: center;"><b>Inappropriate</b></p> <ul style="list-style-type: none"> <li>Dry, tough, chewy, or crispy meats</li> <li>Meat with gristle</li> <li>Fried eggs</li> <li>Hard or fibrous legumes</li> <li>Pizza.</li> </ul>



<b>Desserts</b>	
<p style="text-align: center;"><b>Appropriate</b></p> <ul style="list-style-type: none"> <li>• Puddings, dairy desserts,(b) custards,(b) yoghurt(b) and ice-cream(b) (may have pieces of soft fruit)</li> <li>• Moist cakes (extra moisture, eg custard may be required)</li> <li>• Soft fruit-based desserts without hard bases, crumbly or flaky pastry or coconut, eg apple crumble</li> <li>• Creamed rice, moist bread and butter pudding.</li> </ul>	<p style="text-align: center;"><b>Inappropriate</b></p> <ul style="list-style-type: none"> <li>• Dry cakes, pastry, nuts, seeds, coconut, dried fruit, pineapple.</li> </ul>
<b>Miscellaneous</b>	
<p style="text-align: center;"><b>Appropriate</b></p> <ul style="list-style-type: none"> <li>• Soup(b)—(may contain small soft lumps, eg pasta)</li> <li>• Soft fruit jellies or non-chewy lollies(a)</li> <li>• Soft, smooth, chocolate</li> <li>• Jams and condiments without seeds or dried fruit.</li> </ul>	<p style="text-align: center;"><b>Inappropriate</b></p> <ul style="list-style-type: none"> <li>• Soups with large pieces of meats or vegetables, corn, or rice</li> <li>• Sticky or chewy foods, eg toffee</li> <li>• Popcorn, chips, biscuits, crackers, nuts, edible seeds.</li> </ul>

(a) These foods require case-by-case consideration.

(b) These foods may need modification for individuals requiring thickened fluids.

Dietitians Association of Australia and The Speech Pathology Association of Australia Limited. (2007). *Texture-modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions*. Nutrition & Dietetics. 64 (Suppl 2), pp. 66-67.

