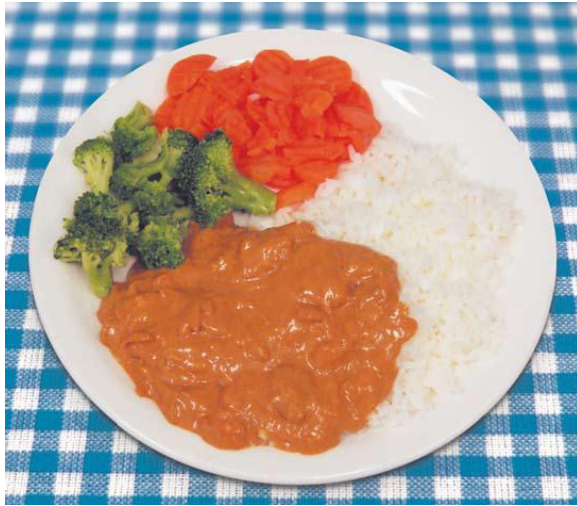


Soft foods

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)
- Recommended particle size:
 - less than or equal to 0.8cm for children under 5 years
 - 1.5cm x 1.5cm for children over 5 years.



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 pasty, 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.



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



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

(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.

