**Healthy Soft Food Choices**

- Sometimes soft, moist food is easier to eat.
- Reasons for this may include: teeth or mouth pain, loose or missing teeth, difficulty chewing or swallowing.
- It is important to eat a variety of healthy foods to promote health and wellbeing.
- This menu will give you some healthy meal ideas to support good nutrition.
- Try new recipes to cook tasty meals that suit your needs.

**BREAKFAST CHOICES**

- CEREAL
  - Soften with warm milk
  - Choose high fibre like Bran Bakes, Weetbix

- PORRIDGE
  - Rolled oats, semolina, rice cereal, congee

- BREAD
  - Remove hard crusts, try with avocado or hummus

- DAIRY
  - Yoghurt, cheese, fruit smoothies

**LUNCH/DINNER CHOICES**

- EGG
  - Soft-boiled, poached, scrambled, omelette

- SOUPS
  - Use a variety of vegetables
  - To increase energy and nutritional value add: meat, split peas, lentils, barley, creamed corn, grated cheese, pasta, noodles

- RICE OR NOODLES
  - Steamed/boiled until soft (cut noodles into smaller pieces after cooking)

- SANDWICH
  - Remove hard crusts, try with avocado or hummus
  - Try salmon, tuna, sardines, hummus, chopped chicken, savoury mince, ricotta cheese, baked beans & egg

- MIGNON DISHES
  - Try different types of minced meat: beef, lamb, veal, pork, chicken
  - Try tasty mince recipes: spaghetti bolognese, moussaka, meatloaf, rissoles

- FISH
  - Grilled, steamed, poached, canned, fishcakes.
  - Try adding a tasty sauce

- VEGETABLES
  - Cooked until tender root vegetables eg. potatoes, pumpkins, broccoli, asparagus, creamed corn, avocado, mushy peas, mushrooms, etc

- MEAT
  - Cooked until meat is very tender
  - Use plenty of gravy or sauces

- RICE OR NOODLES
  - Steamed/boiled until soft
  - Add extra sauce or gravy and a variety of other ingredients

- CAESEROS/STEW/S
  - Cook until meat is very tender
  - Use plenty of gravy or sauces

- SHEPHERD'S PIE
  - Cook until meat is very tender
  - Use plenty of gravy or sauces

- MINCE DISHES
  - Try different types of minced meat: beef, lamb, veal, pork, chicken
  - Try tasty mince recipes: spaghetti bolognese, moussaka, meatloaf, rissoles

- DESSERT
  - Ice cream, yoghurt (regular or frozen), soft fresh fruits, stewed/canned fruits, custard, jelly, steamed or baked puddings

**DINNERS & PASTA**

- Cooked until soft. Use lots of tomato based sauce, and cut into smaller pieces.

**BECARAGES**

- Water, milk, vegetable and fruit juices, tea, coffee

**SNACKS**

- Yoghurt, milk, milkshakes, fruit smoothies, hot chocolate, soup, pikelets, soft fresh fruits, small can salmon/tuna

**EASY TO PREPARE**

- Choose frozen meals canned & packet foods
Common problems

Sore mouth?
• Drink cool fluids
• Use a straw
• Avoid acidic & spicy foods
• Avoid hot foods

Constipation?
• Drink plenty of water
• Choose cereal with oats, wheat & bran
• Try stewed dried fruit eg. prunes, peaches

Overweight?
• Choose lean meat & fish
• Limit oil, butter & cream
• Avoid sausages & salami
• Avoid sweets, pastries & fried food
• Decrease portion sizes
• Choose low fat dairy
• Avoid snacking

Losing too much weight?
• Eat small healthy meals more often
• Include nutritious drinks like milk, milkshakes, smoothies, hot chocolate & soups
• Try a high protein, high energy drink

Caring for your teeth

If you wear a Plate or Dentures
• It is important to maintain good oral hygiene at all times
• Brush your teeth, especially along the gum line, twice a day
• Use a small soft toothbrush
• Use a fluoride toothpaste
• Clean with a denture brush or toothbrush every day and preferably after each meal
• Use mild soap & water
• Store in a container of water overnight
• Remember to have a dental check up every year

Foods you may need to avoid:
• Hard: eg. firm fruit, raw vegetables, lollies, nuts
• Dry, crunchy: eg. crisps, crusts, popcorn, seeds, crackers

Soft Options...