



# DYSPHAGIA PASSPORT

This passport belongs to

Name: \_\_\_\_\_

**THIS PASSPORT CONTAINS IMPORTANT INFORMATION ABOUT  
YOUR EATING AND DRINKING. PLEASE HAVE IT ACCESSIBLE AT  
ALL TIMES. BRING IT WITH YOU IF YOU ARE ADMITTED TO  
HOSPITAL.**

For use in Worcestershire Acute Hospitals Trust and  
Worcestershire Health and Care Trust

## USEFUL CONTACTS

**ACUTE SPEECH AND LANGUAGE THERAPY CONTACT (if you are now in Worcestershire Royal or Alexandra Hospital):**

Name: \_\_\_\_\_

Tel No: 01905 760475

**WORCESTERSHIRE ADULT SPEECH AND LANGUAGE THERAPY SERVICE CONTACT:**

Name: \_\_\_\_\_

Tel No: 01905 681049

**GP:**

Surgery: \_\_\_\_\_

Tel No: \_\_\_\_\_

**NEXT OF KIN:**

Name: \_\_\_\_\_

Tel No: \_\_\_\_\_

Relationship: \_\_\_\_\_

## INTRODUCTION

The purpose of this booklet is to ensure that you and people involved in your care are up to date with your eating and drinking recommendations. It also provides general advice to encourage safer eating and drinking.

Please present this passport at any relevant hospital admissions, appointments or home visits to be completed and updated by a Speech and Language Therapist.

**DYSPHAGIA INTERVENTION RECORD - to be completed by your Speech and Language Therapist**

Date  <input type="radio"/> Select one	Recommendations:  Include thickener brand	Name Signature Location
Date  <input type="radio"/> Assessment <input type="radio"/> Review <input type="radio"/> Final Review		
Date  <input type="radio"/> Assessment <input type="radio"/> Review <input type="radio"/> Final Review		
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**DYSPHAGIA INTERVENTION RECORD - to be completed by your Speech and Language Therapist**

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## ADVICE TO ENCOURAGE SAFER EATING AND DRINKING

### Positioning

- Preferably sit out in a chair to eat or drink.
- If in bed, sit so you are not leaning to the side or slumped over. Use pillows, if needed, to support you and maintain a straight upright position.
- Your head and chin should be in a central position, not tipped sideways, backwards or forwards.

### Mouth Care

- Your mouth should be clean and moist. If you usually have a dry mouth, discuss this with your Speech and Language Therapist.
- If you have dentures, they should be worn while eating (provided they fit well). You may wish to consider dental fixative. Dentures should be clean.

### Pacing

- Take the time you need, do not rush.
- Swallow each mouthful before taking the next. Don't overfill your mouth.
- Take a single sip at a time. Don't gulp the drink.

### Utensils

- Use normal cups and beakers unless otherwise recommended. Your Speech & Language Therapist will advise you whether it is appropriate to use straws, spouted cups or adapted drinks containers.
- You may benefit from equipment that makes eating and drinking easier (e.g. plate guards, adapted cups and cutlery, non-slip mats). This equipment can be bought online, or you may wish to consult an occupational therapist about what equipment might help.

## WHAT ARE SWALLOWING PROBLEMS?

Swallowing problems are known as *dysphagia* which can affect the ability to eat and drink.

### Changing food and drink consistency

- Modified textures (also called consistencies) may help you to swallow more *easily* and *safely*. Your speech therapist will assess your swallow and let you know the most beneficial consistencies of food and drink for you. This may change over time and the most recent advice should be recorded in this leaflet.
- This reduces the likelihood of food going the ‘wrong way’ and entering the lungs (aspiration), rather than the stomach. This can result in coughing, choking or chest infections.
- Altered food and drink consistencies are given labels called ‘Levels’ with a number (eg: Level 1, Level 6) to help you know exactly what type of food and drink is safest. This labelling system is called IDDSI. You can find out more about IDDSI at this link : <https://iddsi.org/>

## THICKENED FLUIDS

When you have a drink the liquid moves very quickly in your mouth and can be hard to control.

Imagine how difficult it is to hold water in your hands – it runs everywhere! Then imagine how much easier it is to hold custard or yoghurt. Thicker textures move more slowly so you are better able to control them.

This is the same for when you have a drink in your mouth. Adding a *thickening powder* means the drink moves more slowly and so is easier and safer to swallow.

### How to thicken drinks?

There are different brands of thickener. You need to refer to the instructions on the side of your thickener container to achieve the consistency recommended by your Speech and Language Therapist.

## Level 1: slightly thick drinks

Looks like: thin syrup.

Thicker than water

Requires a little more effort to drink than thin liquids

Flows through a straw, syringe, teat/nipple

Similar to the thickness of commercially available 'Anti-regurgitation' (AR) infant formula



## Level 2: mildly thick / syrup thick drinks

Looks like: cough syrup.

Flows off a spoon

Sippable, pours quickly from a spoon, but slower than thin drinks

Effort is required to drink this thickness through standard bore straw (standard bore straw = 0.209 inch or 5.3 mm diameter)



## Level 3: moderately thick / custard thick drinks

Looks like: pouring custard.

Will not hold its shape on a spoon

Sippable, pours slowly off a spoon

Difficult to suck through a standard bore or wide bore straw

(wide bore straw = 0.275 inch or 6.9mm)

Cannot be piped, layered or moulded

Cannot be eaten with a fork because it drops through the prongs



## Level 4: extremely thick/ pudding thick drinks

Looks like: mousse.

Holds shape on spoon

Flows very slowly under gravity

Does not require chewing

Could be piped, layered or moulded

No lumps

Falls off spoon in a single spoonful when tilted and continues to hold a shape on a plate

Cannot be sucked through a straw

Not sticky

Liquid does not separate from solid



## TEXTURE MODIFIED FOOD

Food texture changes to help achieve a safer swallow may be recommended by your Speech and Language Therapist.

### Level 4: Pureed Food

- Food is of a thick smooth consistency.
- Holds its shape on a plate or when scooped and can be eaten with a fork or spoon
  - It should slide easily off the spoon or fork (not stick to the utensil), and hold its shape on a plate.
  - When scooped onto the fork, most of the food should sit in a mound or pile on the fork.
  - When pushed with a fork, should retain the indentation.
  - A very small amount ( a 'drip') may fall through the fork and form a 'tail' below the fork.
  - The food should not flow, dollop or drip continuously through the prongs.
- It can be piped, layered or moulded.
- Should not separate into liquid and solid components.
- It cannot be poured, cannot be drunk from a cup, cannot be sucked through a straw.
- No bits or lumps – you may need to sieve the food to achieve this.
- Does not need chewing.
- Do not give pre-packaged baby food as the sole source of nutrition as it does not contain the correct nutritional content for an adult.

### Food preparation:

- Use a blender, liquidiser or sieve.
- You can add extra moisture to food to help make a smooth puree texture when blending. (e.g. white sauce, cheese sauce, gravy, tomato based sauce, milk, cream, custard, apple sauce, butter)



Meal Suggestions	
Breakfast	<ul style="list-style-type: none"> <li>• Ready Brek.</li> <li>• Weetabix – blended with milk but no excess fluid.</li> <li>• Thick yoghurt.</li> <li>• Pureed fruit.</li> <li>• Pureed scrambled or poached egg.</li> <li>• Pureed smoked haddock – blended with butter, cream or milk.</li> </ul>
Main Meals	<ul style="list-style-type: none"> <li>• Pureed pasta with sauce e.g. macaroni, ravioli, Bolognese.</li> <li>• Pureed curry with a thick sauce.</li> <li>• Pureed casserole/stew with a thick sauce.</li> <li>• Pureed sausages (skins removed) with a thick gravy.</li> <li>• Pureed fish with a thick sauce.</li> <li>• Pureed broccoli/cauliflower with cheese sauce.</li> <li>• Pureed cottage/shepherd's pie.</li> <li>• Pureed ratatouille.</li> <li>• Pureed chilli con carne.</li> <li>• Smooth potatoes - can add cheese, butter, cream, gravy, cream/soft cheese.</li> <li>• Pureed carrot, swede, broccoli, parsnips, cauliflower.</li> </ul>
Snacks/desserts	Yoghurt, mousse, custard, instant whip, pureed fruit (no skins, seeds or pips), smoothie, cheese spread, smooth paté, smooth thick soup, panna cotta, smooth avocado, hummus, pureed tinned spaghetti, pureed egg mayonnaise.

## Level 5: Minced and moist food

- Food can be mashed with a fork, and can be eaten with a fork or spoon.
- Must be finely mashed/minced to approximately 4mm pieces.
- It should slide easily off the spoon or fork (not stick to the utensil).
- Food is soft, moist and tender.
- Needs very little chewing. Does not require biting.

Meal Suggestions	
Breakfast	<ul style="list-style-type: none"> <li>• Ready Brek or smooth porridge.</li> <li>• Thick yoghurt.</li> <li>• Mashed or stewed fruit.</li> <li>• Scrambled or mashed boiled egg.</li> <li>• Mashed smoked haddock with plenty of butter.</li> </ul>
Main Meals	<ul style="list-style-type: none"> <li>• Mashed pasta with sauce e.g. macaroni cheese, ravioli, Bolognese.</li> <li>• Mashed vegetable or mince curry with a thick sauce (no rice).</li> <li>• Mashed fish with plenty of sauce.</li> <li>• Mashed broccoli/cauliflower with cheese sauce.</li> <li>• Smooth thick soups (adding potato can help to thicken it).</li> <li>• Corned beef with a thick sauce or gravy.</li> <li>• Any meat or poultry – minced very finely (approximately 4mm pieces) with a thick gravy or sauce.</li> <li>• Mashed potato – can add cheese, butter, cream, gravy, cream/soft cheese.</li> <li>• Mashed vegetables e.g. carrot, swede, broccoli, parsnips, cauliflower.</li> </ul>
Snacks/desserts	As Level 4 with the addition of; mashed banana, rice pudding, mashed cake with custard or cream, cheese triangles, crème caramel, egg mayonnaise, tuna/salmon mayonnaise.

## Level 6: Soft and bite-sized food

- Does not include bread products.
- Food is soft, moist and tender. Can be eaten with a fork or spoon.
- Must be cut no larger than 15mm x 15mm pieces. Fish must break up into small pieces with a fork.
- Food should be soft enough so that it can be broken up easily with a fork, does not return to its original shape when pushed with a fork.
- Needs some chewing. Does not require biting.

Meal Suggestions	
Breakfast	<ul style="list-style-type: none"> <li>• Ready Brek or porridge.</li> <li>• Weetabix (ensure it is well soaked in milk but no excess fluid).</li> <li>• Thick yoghurt.</li> <li>• Soft/chopped/stewed fruit.</li> <li>• Eggs: scrambled, boiled, poached.</li> <li>• Smoked haddock with plenty of butter.</li> </ul>
Main Meals	<ul style="list-style-type: none"> <li>• Pasta with sauce e.g. macaroni cheese, ravioli, Bolognese.</li> <li>• Well cooked vegetable or mince curry with sauce (no rice).</li> <li>• Shepherd's/cottage pie.</li> <li>• Fish pie.</li> <li>• Poached fish with sauce.</li> <li>• Well cooked broccoli/cauliflower with cheese sauce.</li> <li>• Chilli con carne (no rice).</li> <li>• Stew/casserole: any meat or poultry which has been slow cooked and is very tender, with a thick gravy or sauce.</li> <li>• Potatoes: mashed, soft boiled, jacket – (without the skin).</li> <li>• Well cooked/soft vegetables e.g. carrots, swede, broccoli, parsnips, cauliflower.</li> <li>• Avocado.</li> </ul>
Snacks/ desserts	As Level 4 and 5 with the addition of; soft cheese, cottage cheese, eggs, banana, chopped cake with custard/ cream.

## Level 7a: EASY TO CHEW Food

- This is a sub-type of regular or 'normal' diet (Level 7) for people who may have difficulty chewing. It isn't designed for people with swallowing problems or increased choking risk, although some people with swallowing problems may benefit from it. If you have swallowing difficulties, your Speech Therapist should assess whether this is the right diet for you.
- Some examples of people who may benefit from this diet level:
  - People with dentures who have difficulty with regular diet.
  - People with temporary mouth discomfort or pain.
  - People with no swallowing difficulties who are easily tired by chewing a regular diet.

## Level 7a Easy to Chew Regular Diet

- Needs some chewing
- May require biting
- Can be easily cut with the side of a fork
- Is soft and tender
- May include mixed consistencies unless otherwise specified (see page 14)
- Can include bread unless otherwise specified
- Does NOT include high-risk foods (see page 14) unless specified.

Meal Suggestions	
Breakfast	<ul style="list-style-type: none"> <li>• Cereals softened in milk,</li> <li>• Omelette, eggs of any type</li> <li>• Soft pastries that will be easily cut with a fork and are not crumbly,</li> <li>• Soft fruit (eg: banana, canned peaches)</li> <li>• Black pudding</li> <li>• Smoked haddock, smoked salmon</li> <li>• yoghurt with soft fruit, smoothies with pieces of soft fruit in them</li> </ul>
Main Meals	<ul style="list-style-type: none"> <li>• Vegetables without tough/fibrous skins (eg: tomatoes, cooked cabbage, cooked peas).</li> <li>• Tender meats eg: pulled pork.</li> <li>• Egg dishes (eg quiche).</li> <li>• Quorn meat substitute. Tofu.</li> <li>• Beans: baked beans or canned beans without tough skins.</li> <li>• Pasta (spaghetti etc).</li> <li>• Potatoes: baked (inside but not skins), soft (but not crunchy) chips.</li> <li>• Rice: in sauces, risottos etc</li> <li>• Fish: fishfingers, soft cooked fish.</li> <li>• Soups: chowder, minestrone</li> <li>• Salad: without hard or fibrous vegetables or tough skins</li> </ul>
Snacks/ desserts	<ul style="list-style-type: none"> <li>• Puddings: steamed, rice, bread and butter, etc</li> <li>• Crisps that easily dissolve in the mouth: eg: quavers, skips, pom bears, wotsits etc</li> <li>• Soft biscuits (dunked), pink wafers.</li> <li>• Soft baked breakfast bars with soft fruit filling.</li> <li>• Soft cheese crackers (not dry/crumbly/hard) eg: 'cheese thin melts'</li> <li>• Cheese: soft cheeses, not pieces of hard cheese such as parmesan</li> <li>• Soft dried fruit (eg prunes, soft apricots etc: not hard dried fruit.</li> <li>• Chocolate that melts in the mouth and does not have hard pieces such as nuts or biscuit in it: eg: Maltesers, milky way</li> </ul>

## High risk foods:

High risk foods can cause choking and are more difficult to chew and swallow. The list below is not exhaustive but gives you an indication of the types of food which may be considered high risk. Not everyone who is recommended a regular diet will find all these foods difficult – this can be judged on an individual basis, with advice from your speech and language therapist.

- **Stringy, fibrous textures** e.g. pineapple, runner beans, celery, lettuce.
- **Mixed consistency foods** e.g. cereals which do not blend with milk such as muesli, mince with thin gravy, soup with lumps, fruit salad.
- **Crunchy dry foods** e.g. toast, flaky pastry, dry biscuits, crisps.
- **Crumbly dry textures** e.g. biscuits, crackers, pie crusts, crumble topping.
- **Hard foods** e.g. boiled and chewy sweets, nuts and seeds, raw vegetables.
- **Vegetable and fruit skins, husks** e.g. grapes, peas, sweetcorn, broad beans, 'bits' in granary bread.
- **Stodgy, chewy textures** e.g. some meats, white bread, toffee sweets.

## More about 'mixed consistencies':

- Foods that have more than one texture (eg: cereal in milk, fruit pieces in jelly, salad, cake with dried fruit) are called 'mixed consistencies'.
- Mixed consistencies can be harder to swallow, especially for people with swallowing problems.
- The risk of choking can be increased.
- Mixed consistencies are usually only recommended as part of a regular or regular easy-to-chew diet, as near-normal swallowing is needed to take them safely.

## Where to find more information about creating modified texture diets:

- The IDDSI website has more information about how to check food is the right consistency, including information for people who are preparing the food. You can find out more at this link: <https://iddsi.org/>

Some people find it difficult to prepare modified food consistencies. Please see page 17 for a few suppliers of modified texture diets that can be bought in, if this would help you. This list is not exhaustive.

## Level 7: Regular food

- A 'normal' diet.
- Includes **all bread products** (including **sandwiches**) as these require the ability to bite and chew, and cannot be easily broken down due to their fibrous nature. Bread products can be difficult for people who fatigue quickly while chewing or have a dry mouth. They also become sticky and this can increase choking risk.

Date	Recommendations: Include thickener brand	Name Signature Location
Date		

## FEEDING AT RISK

To be 'feeding at risk' you should have had a discussion with the doctor looking after your care where it has been decided that you will continue to drink and eat even though there is some risk of aspiration (things going the wrong way), choking, or repeated chest infections. This decision is usually made to help you maintain your quality of life, when a feeding tube is not considered appropriate.

This decision will influence your care planning, and you may wish to discuss with your doctor how to manage any future chest infections,. It may be more appropriate to treat chest infections in the community rather than be admitted to hospital.

Some people find eating and drinking difficult or distressing. If you feel uncomfortable while eating/drinking, stop and try again later. You may wish to talk to your doctor if distress continues, your health deteriorates and/or you wish to change your mind about 'feeding at risk'.

It would be helpful to discuss the above points /decisions with your family and/or carers.

Your Speech and Language Therapist may have suggested the safest types of drinks and food for you to take and these suggestions are recorded here for your information. Speech and Language Therapists would not usually review your swallow if you are feeding at risk. Please contact your GP if you feel a review is needed.



## USEFUL INFORMATION—some options for food suppliers



**Simply Puree**

Tel: 0191 456 0456

[info@simplypuree.co.uk](mailto:info@simplypuree.co.uk)



**Apetito**

Tel: 0808 223 2960

<http://www.apetito.co.uk/>



**NH Case Ltd**

Tel: 01963 828900

<http://www.nhcase.com/>



**Oak House Foods**

Tel: 0333 370 6700

<https://www.oakhousefoods.co.uk/>



**Wiltshire Farm Foods**

**Wiltshire Farm Foods**

Tel: 0800 077 3100

<https://www.wiltshirefarmfoods.com/>



**Mrs Gill's Kitchen**

Tel: 020 8807 6584

<https://mrgills.co.uk/>

Other providers are available

