



Scan with your smartphone to get an e-version of this leaflet. You might need an app to scan this code.



About your Level 3 LIQUIDISED diet

***Information for
patients and carers***



**Speech & Language Therapy and
Dietetic Services**



What is this leaflet for?

Difficulties with eating, drinking and swallowing are called **dysphagia** (pronounced “diss-fay-gee-ah”).

A Speech and Language Therapist (SLT) has assessed your eating, drinking and swallowing difficulties.

Your SLT has recommended that you should follow an IDDSI* Level 3 diet with foods that are **liquidised**.

It’s very important to follow the diet texture recommended by your SLT to reduce the risks associated with difficulties with swallowing.

* The International Dysphagia Diet Standardisation Initiative 2016 @<https://iddsi.org/framework/>



These risks include:

- aspiration (food or drink going down “the wrong way”)
- choking
- developing chest infections

On the following pages there is information to help you modify the texture of everyday meals and foods for someone who needs a Level 3 diet.

You will need advice from a Dietitian to make sure your diet is nutritionally adequate.

The Dietitian may also recommend nourishing drinks.



What is a Level 3 liquidised diet?

The main features of a Level 3 diet:

- Can be eaten with a spoon.
- Can be drunk from a cup.
- Has a smooth texture with no 'bits' (lumps, fibres, bits of shell or skin, husk particles, gristle or bone).
- Can't be eaten with a fork because it slowly drips through.

How do I check if my food is the right consistency?

- Drips slowly in dollops through the prongs of a fork.
- Pours off a spoon; doesn't stick to spoon.
- Spreads out if spilled on a flat surface.



How do I prepare food?

- You can liquidise food using a blender or food processor.
- It's important that it tastes, looks and smells good.
- Remove tough skins and large seeds before you liquidise.
- Cut food into small chunks before you liquidise.
- Always liquidise foods with extra liquids such as gravy, milk or stock.
- Try not to use water as this reduces the goodness in the food.
- Liquidise small amounts of food at a time to avoid lumps.



When using a food blender

- Make sure the blades are covered with food.
- Never overfill the container.
- Don't use boiling liquids.
- Take care if food is hot.
- Hold lid firmly (use a cloth to do this if the food is hot).
- Blend the main course and vegetables separately. Mixing foods makes it difficult to know what you're eating, flavours are lost and it may not look as appealing.

Always check the food is the right consistency before serving!



Contact telephone numbers

If you have any questions about your recommended texture, please contact your Speech and Language Therapist on the number below:

Name:

:

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 1849.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
please call 01224 554149 to let us know.