

Adding Moisture to foods: information for carers

Some people with dysphagia may need extra moisture adding to their meals in order to provide a smoother texture which is easier to swallow. The following suggestions can be used to ensure meals remain both flavoursome and nutritious.

Suggested liquids/sauces

Savoury

Gravy, stock or Bouillon

Milk, cream, sour cream

Tinned tomatoes or passata

Sauce from jars, tins or packets

Mayonnaise, salad dressing

Tomato sauce, brown sauce

Parsley sauce, mint sauce

Bechamel, white sauce

Natural yoghurt

Butter, oil

Cheese spread, plain cottage cheese

Houmous, other smooth dips

Paste e.g. fish, meat, curry

Tinned coconut milk

Condensed/evaporated milk, coconut milk



Sweet

Apple sauce

Yoghurt / fromage frais

Custard

Cream

Seedless jam

Honey, maple or golden syrup*

Juice*

**caution with Diabetes*



Preparation tips

- Drain any liquid before mincing/pureeing e.g. gravy from meat, juice from tinned fruit
- Add 1 tablespoon (15ml) of sweet or savoury liquid/sauce at a time to make it moist. Continue until the desired consistency is reached
- Do not add water
- If the product is too thin, use cornflour, breadcrumbs or thickener to achieve the desired consistency

Meal suggestions

Beef – add gravy, cranberry sauce, soup, pate

Lamb – add mint sauce

Chicken – add gravy, cream sauce, pesto

Ham – add pineapple, white sauce

Pork – add gravy, soup, apple juice or apple sauce

Fish – add cheese sauce, white sauce, tomato sauce / passata, parsley sauce, tartar sauce, cream cheese

Vegetables – add butter/spread, cooking liquid, stock

Potatoes – add milk, butter or pesto

Moist sandwich fillings

Tuna or egg with mayonnaise/ salad cream

Avocado and cream cheese

Houmous/ other smooth dips

Ham with mustard and crème fraiche

Meat or fish paste/ pate

Banana and *honey

**caution with Diabetes*

Checklist

- ✓ Sauce is well mixed in and fluid has not separated
- ✓ No loose or thin fluid
- ✓ No hard pieces, crusts or skins
- ✓ Food feels moist
- ✓ It is not stodgy or sticky
- ✓ The food continues to meet requirements for the individual's recommended IDDSI levels e.g. it slides off a spoon

NB: Free-from alternatives or substitutes can be used for food intolerances or other dietary food restrictions.

If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Use IDDSI level testing to ensure all food complies with Speech & Language Therapy recommendations

<http://iddsi.org/framework/food-testing-methods/>

https://iddsi.org/IDDSI/media/images/Testing_Methods_IDDSI_Framework_Final_31_July_2019.pdf

Or visit the IDDSI website (iddsi.org)

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Patient Advice and Liaison Service

Telephone: **0800 088 4449**

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