

## Soft diet.

There are lots of reasons why we might need softer food for a time during cancer treatment. Soft foods are often easier to manage if we're tired or are having issues with a dry or painful mouth. Choosing soft foods can help us eat more, maintain body weight and meet nutrition needs.

**If you're having trouble swallowing let your doctor know. Unsafe swallowing can be dangerous, as food can get in the lungs and cause infection.**

### Soft foods

#### Savoury



Baked beans



Eggs (all types except fried)



Avocado



Casseroles, curries and soups with small pieces of tender meat or tofu



Smooth peanut butter or hummus on soft bread



Congee (Chinese rice porridge)



Mashed potato or sweet potato with extra butter/margarine and milk

#### Sweet



Nutella on soft bread



Pudding, mousse and jelly



Stewed or canned fruit



Breakfast cereals that are well-moistened with milk



Rice pudding



Porridge without nuts, seeds or dried fruit



Yoghurt without pulp or fruit seeds



Fresh fruit that is naturally soft e.g. banana



Custard, yoghurt and ice cream

### Tips for making food easier to eat

- Mash or blend foods
- Serve food with plenty of sauce or gravy
- Overcook vegetables to make them soft
- Use homemade or packet cheese sauce to pour over vegetables or cooked and shredded meat or chicken
- Add extra liquid to a risotto and serve with soft, cooked vegetables and grated cheese
- Add extra sauce and slightly overcook pasta dishes
- Add custard to soft fruits, puddings and cakes