

# Mixed Consistencies

**This leaflet provides further information around mixed consistencies. It is designed to help support those with a swallowing difficulty who find it difficult to manage solids and thin liquids at the same time.**

**If you have any questions or concerns, please speak to the speech and language therapist, GP or nurse caring for you.**

	ADVISED	AVOID
Hot Main Dishes	All foods Any sauces/gravies to be soaked into the food – no fluid residue on the plate.	Fluids mixed with solids
Sauces, gravies	Small amounts served and mixed/absorbed into main dish. Sauces to be thickened to a similar consistency to your drinks if you are recommended thickened fluids.	
Starchy vegetables/pasta/rice	ALL	
Vegetables	ALL	
Sandwiches	As advised by your speech and language therapist	

Soups	Fully blended soups – no bits. Soups to be as thick as your drinks if you are recommended thickened fluids.	Soups with lumps e.g., minestrone, pea and ham.
Salads, dressing	As advised by your speech and language therapist.	
Breads, Cereal	All bread Breakfast cereals softened with milk before service (e.g., Weetabix™), rolled oats, semolina.	Dry breakfast cereals served with separate milk e.g., granola.
Spreads	ALL	
Fruit	Fresh fruit and dried fruit.	Fruits that produce a juice when you bite into them e.g., grapes, oranges. Canned fruit.
Yoghurt	All smooth yoghurts without pieces.	Yoghurt with large fruit pieces or muesli.
Desserts	ALL	
Milk and cheese	ALL	
Beverages	ALL	

Biscuits	ALL	
Miscellaneous	Salt, pepper, sugar, sweetener, cream, nuts.	

## Strategies

1. Draining liquid from the spoon during meals.
2. Using a fork to eat mixed textures allows the fluid to be drained.
3. Thickening broth or milk.
4. Pureeing mixed consistencies.
5. Let cereal absorb milk until there is little liquid left. Drain before eating.

## Contact us

If you have any questions or concerns, please contact your speech and language therapy team (Monday to Friday, 9am to 4pm):

Acute/ General medical speech and language therapy: 020 8725 3007

Adult neurology speech and language therapy: 020 8725 4492

Stroke speech and language therapy: 020 8725 2001

Head and neck speech and language therapy: 020 8725 1163

Community Neuro-therapy speech and language therapy:  
020 8812 4060

Queen Mary's Hospital:

Mary Seacole speech and language therapy: 020 8487 6146

Bryson White rehabilitation speech and language therapy:  
020 8487 6170

Wolfson Neurorehabilitation:

Queen Mary's Hospital 020 8487 6142

St George's Hospital 020 8266 6549

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit**

**[www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

