

# High Calorie High Protein Soft Diet

Mouth ulcers, Candida Albicans (thrush) and other infections which affect the mouth and the throat can make eating and drinking difficult. Difficulty or pain on swallowing and a dry mouth can cause additional problems. These symptoms are unpleasant and can lead to weight loss. This fact sheet is designed to help you choose the correct consistency foods, which will make eating easier and more pleasant and help prevent weight loss.

CHOOSE AT LEAST ONE FOOD FROM EACH OF THE FOOD GROUPS LISTED TO COMPOSE A BALANCED, HIGH ENERGY SOFT MEAL OR SNACK

## **Starchy/ Carbohydrate Foods**

Essential for energy, fibre and B vitamins

- Potatoes (well boiled, mashed or baked with added butter or margarine)
- Pasta (well cooked with a creamy sauce)
- Cous-cous
- Rice
- Porridge (made with milk and cream)
- Soft breakfast cereals (with full cream milk)
- Noodles
- Soft bread (with butter or margarine)
- Biscuits (dipped in tea or milk)
- Muffins and scones

## **Protein foods (including dairy produce)**

Essential for cell growth and repair, iron and zinc

- Moist fresh or tinned fish in a sauce
- Well cooked /casseroled chicken, lamb, pork or beef (add extra sauce or gravy)
- Minced meat
- Creamed ham
- Sausage meat
- Eggs (scrambled, poached boiled or fried)
- Egg mayonnaise
- Omelette
- Full fat milk
- Sweetened full fat yoghurt
- Soft, grated or spreadable pasteurised cheese
- Cottage Cheese
- Houmous
- Tahini or peanut butter

**To add more energy to these foods put on extra olive oil, butter, margarine, cream cheese or crème fraiche, or add during cooking.**

### **General Tips**

- Eat foods which are naturally soft, smooth or of liquid consistency, or those that become so with cooking
- Try to have smaller meals/snacks more frequently (6-8 per day), You will find this easier than 3 large meals daily
- Try to eat a wide variety of foods each day to ensure you are having a balanced diet
- Take plenty of time over your meal
- Avoid spicy or acid foods, which can make mouth ulcers more painful. Very hot or very cold foods may also be difficult to manage
- Dairy products should always be pasteurised
- Avoid soft ripened cheeses (i.e. Brie, Camembert and some goat's cheese) or blue cheeses. Hard cheeses and all cooked cheeses are suitable
- Avoid pate unless you are sure it is freshly prepared and well cooked.

This information was provided by the Dietetics team of the HIV/GU Medicine Directorate of the Chelsea and Westminster Hospital. For more information please call 020 8746 8178.

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