



The Oesophageal
Patients Association
Caring for the cancer patient & their family

SOFT NUTRITIOUS FOODS AND SOME WAYS TO TAKE THEM

(Feel free to adapt the suggestions according to your own tastes!)

- Porridge with full fat milk/fortified milk, ground almonds and sugar
- Pancakes with chocolate spread
- Many soup recipes are suitable as long as a processor/blender is used.
- There are many varieties of prepared sauces, in tins, jars or packets.
- Soups, especially if condensed, also make good sauces.
- Shepherd's pie, moussaka, pasta dished with creamy sauces or lots of olive oil (liquidise, if necessary, after cooking), braised meat and stews.
- Poached or flaked fish in sauce – try hollandaise, lemon sauce, parsley or mushroom sauce
- Instant mashed potato, enriched with butter or cheese, for when the family is having chips or roast potatoes.
- Lentils; Dahl with coconut milk
- Grilled bacon or ham, in scrambled eggs or omelettes.
- Grated cheese, Omelettes, Soufflés, Scrambles eggs
- Avocado, Hummus, taramasalata, peanut butter, cottage cheese, cream cheese
- Fish pates – salmon, tuna, smoked mackerel, made softer with milk, cream, mayonnaise or stock
- Ice cream, milk puddings, egg custard, mousses, full fat yoghurt, milk jelly, crème caramel, fromage frais
- Angel Delight made with fortified milk and served with fruit, e.g. butterscotch flavour with stewed apple, or chocolate with mashed banana.
- Fruit: mashed, blended or ripe (tinned or fresh) – stewed apple, soft banana, fresh strawberries, ripe melon, tinned pears etc. Add cream, custard, Greek yoghurt or ice cream for extra calories.
- Milk shakes; Smoothies with yoghurt or soya milk
- Use milk, cream fruit juice, sauces, stock or gravy as appropriate to soften the consistency of foods.
- Cartons of fresh stock can be bought in supermarkets – more nutritious than stock cubes.
- Herbs to add flavour – e.g. thyme, basil, oregano, parsley, mint, chives. Cranberry sauce, red currant jelly and chutney to add piquancy to meat dishes.

