

SOLID FOODS – LEVEL 1

Soft moist foods with soft lumps, which can be mashed with a fork.

Soft cooked egg: poached or scrambled

Cottage cheese: 2 oz/50g

Mashed banana

Stewed fruit

Tender fish: 1 oz/25g

Finely minced meat: 1 oz/25g

The meat and fish may be easier to eat if in a sauce or gravy

If these foods cause no vomiting, heartburn or indigestion, move on to level 2 foods, and then gradually to level 3 foods.

