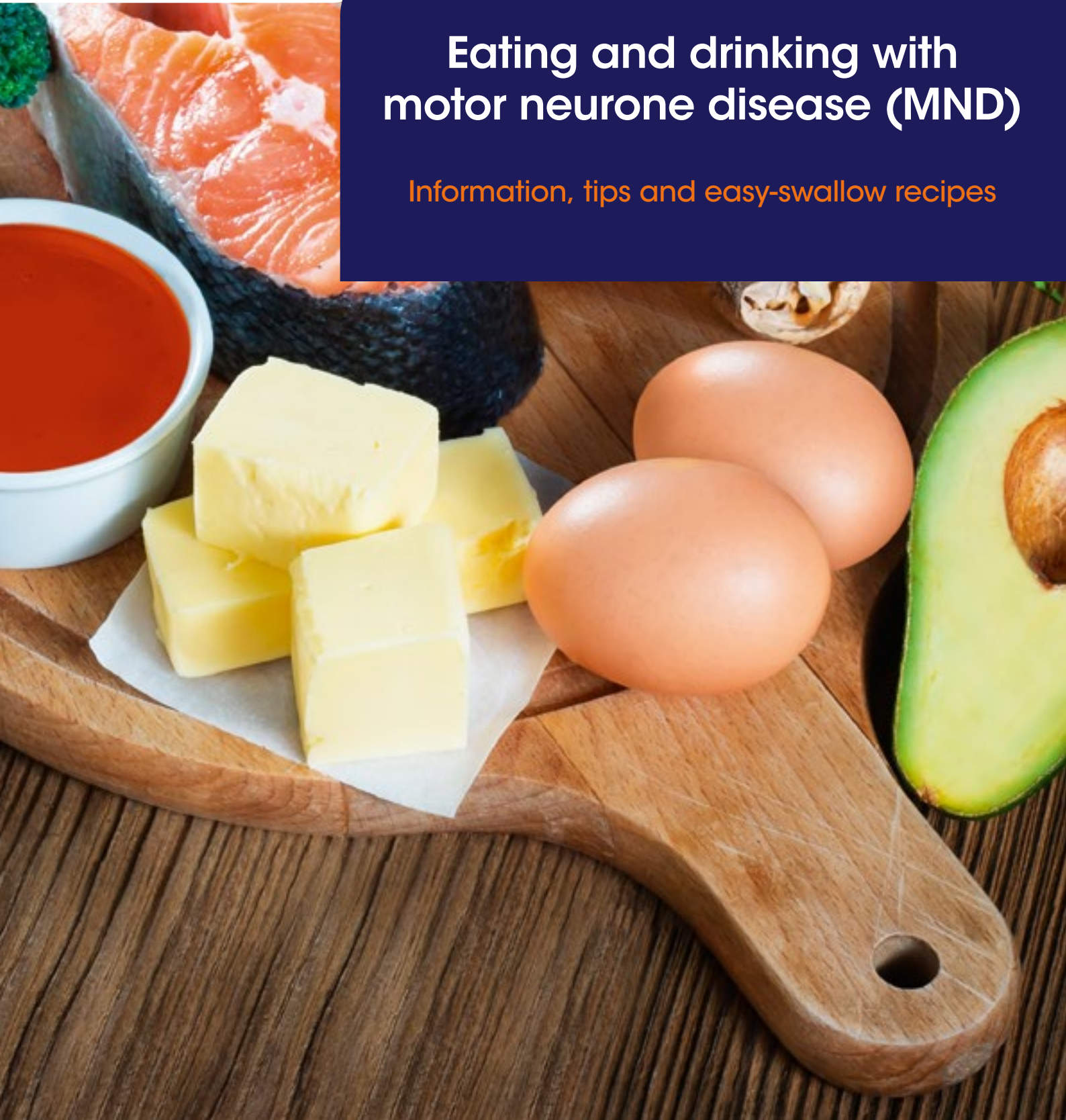




Eating and drinking with motor neurone disease (MND)

Information, tips and easy-swallow recipes





Patient Information Forum

This guide has been evidenced,
user tested and reviewed by experts.



This guide has been endorsed by the British Association for Parenteral and Enteral Nutrition (BAPEN).

The production of this guide has been generously supported by:



Morrisons Foundation



The Worshipful Company of Cooks of London



What do other people with or affected by MND think about this guide?

"I think anybody with MND should be encouraged to contact the MND Association and health and social care professionals with any changes to swallowing, so they can be informed of the best possible way of moving forward. As far as swallowing issues are concerned, I think the information provided here, such as how to use thickeners is invaluable."

Person with MND

"Thank you for inviting us to share in the development of the Eating and Drinking guide. The content looks good – it's very impressive and a lot of work has gone into it. I'm looking forward to trying the recipes now."

Person with MND

"An important resource. I think the tips given are very useful. The recipes are great and good for the family or carer to try too. It's good to bring something different into our usual routine."

Carer, supporting someone with MND

"I think you have perfectly balanced helpful with humour. The advice is really fantastic and all the quotes are wonderful. It will help so many people."

Family member, affected by MND

What do professionals think about this guide?

"I really like the honesty in here, about the way eating and drinking may progress with MND. It's factual, but makes it seem not so scary and manageable. It's also good to see how recipes can be adapted, as people's swallow and appetite changes. I really hope that it makes a difference to people."

Natasha Giles, Service Coordinator for the SW MND Peninsular Network, Dept of Neurology – Derriford Hospital, Plymouth

"This guide looks very good. I love the quotes, which make it feel really personal. Food is about love, nurture and support. This guide is so important, not just for care and decision making, but for enjoyment and positivity, too."

Dimple Thakrar, Specialist Neuro-Dietitian at Fresh Nutrition, Bolton

"I hope this new guide will help to support, encourage and inspire people with MND and their families, in the process of change that MND can bring with eating and drinking."

Nina Squires, Speech and Language therapist, Queen's Medical Centre, Nottinghamshire Healthcare NHS Foundation Trust

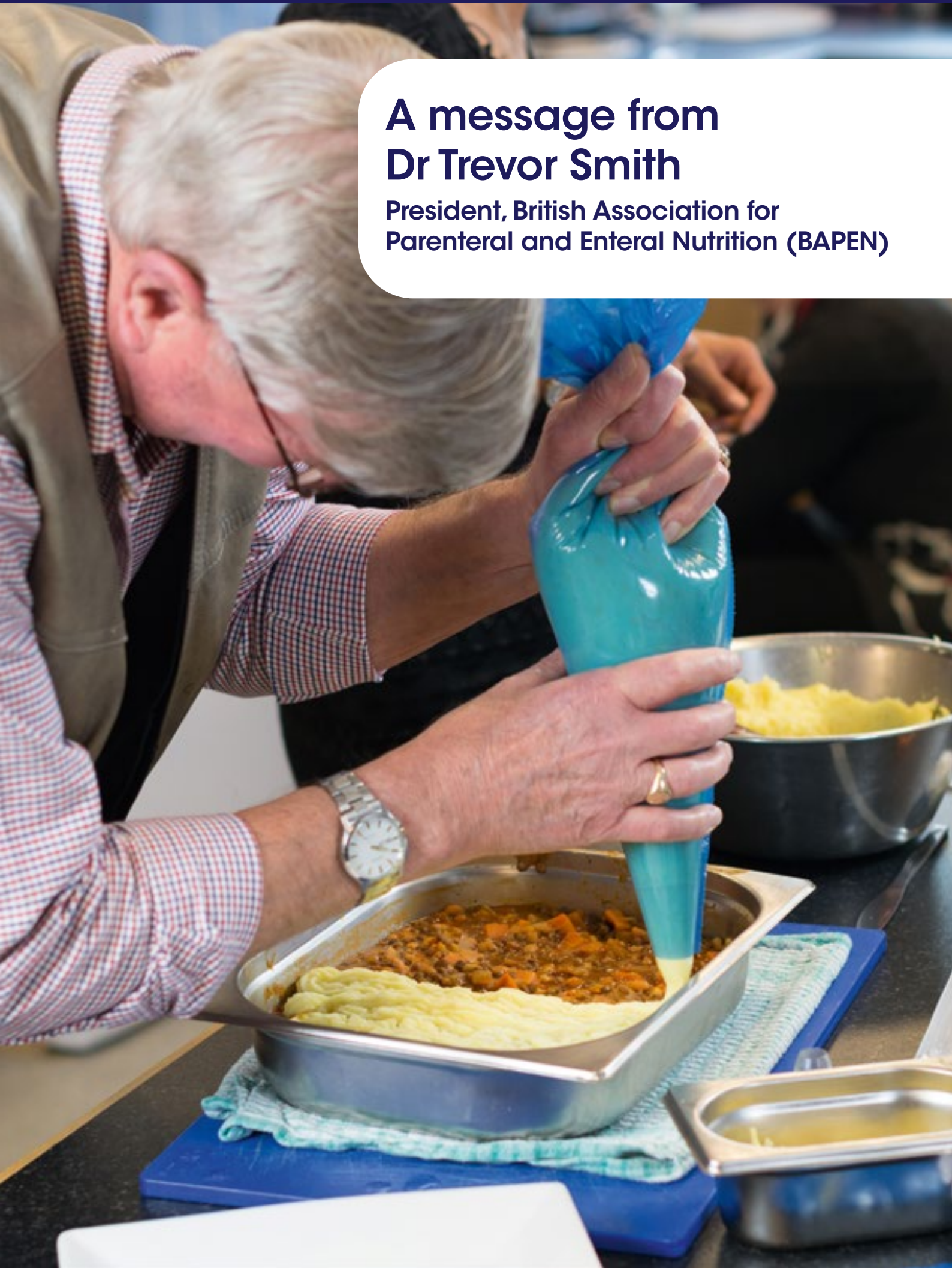
"Well done in pulling all of this content together. The information and recipes will be so useful for people with MND, and their carers."

Karen Robinson, Registered Dietitian and member of the Neuro-sciences group for the British Dietetic Association, KMR W8 Consultancy Ltd, Barton-upon-Humber



A message from Dr Trevor Smith

President, British Association for
Parenteral and Enteral Nutrition (BAPEN)



For people living with motor neurone disease (MND) good nutritional health is incredibly important. Being well nourished helps with physical health, the management of MND symptoms and of course with helping people to feel well and enjoy a better quality of life.

MND can affect somebody's ability to eat and stay nourished in many ways. People with MND can of course experience physical challenges with difficulty chewing and swallowing, but it is also common to experience issues preparing food, and many people struggle with appetite or mealtimes when they are feeling low. All of this can lead to people becoming undernourished, which has a detrimental affect on health.

Unfortunately, sometimes nutrition can take a back seat when people with MND, those who care for them, and their healthcare professionals have many other issues to deal with. At BAPEN, we have long been aware that nutrition can be challenging for people with MND, and we are pleased to see people coming together to tackle that with an uplifting and informative resource designed to help people think again about what matters when it comes to food and nutrition.

Importantly, this guide focuses on enjoyment of food, as well as nutritional benefits, and offers lots of practical advice on how to overcome some of the difficulties people with MND face. It also has excellent information on nutrition support and helps to de-mystify issues around tube feeding.

BAPEN is delighted to endorse this guide and thanks the MND Association for highlighting the need to think carefully about the nutrition that people with MND need and deserve.



**Dr Trevor Smith,
President, British Association for Parenteral and Enteral Nutrition**





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Welcome

Eating and drinking are essential to maintain our wellbeing, but also activities we enjoy. Food and drink help us relax. We offer them when we meet up with friends or family, or host an event. Many of us seek out different recipes or places to eat, simply because we like trying something new.

We often take the pleasure of eating and drinking for granted. An illness like motor neurone disease (MND) can change this due to swallowing or movement difficulties. This can also make it harder to socialise in the way you want to.

Your needs may be very different to someone else with MND, but we hope this guide helps you to find some techniques, meals, snacks and drinks that suit you.

We also support people with or affected by Kennedy's disease. If you have been diagnosed with Kennedy's, you are likely to have similar symptoms to MND, including possible swallowing difficulties. We hope this guide helps you too. If you would like to find out more about Kennedy's, we provide the following information:



**See information sheet 2B:
Kennedy's disease.**

"Eating is not just about nutrition, it's also about pleasure and being sociable. Sharing food is important - it's one of the ways we show people that we care."

Dimple Thakrar, dietitian

How can this guide help me?

With MND, you may need to adapt the way you eat and drink to help you get the nutrition and fluids your body needs. This guide suggests ways of making these changes.

You do not have to read it all at once. The content is designed to answer a range of questions, not all of which will apply to your immediate needs. You can return to the guide as and when required.

Eating and drinking with motor neurone disease (MND) is designed to help you:

- ✓ **manage swallowing difficulties, if these occur**
- ✓ **get the nutrition you need**
- ✓ **maintain your weight through additional calories**
- ✓ **find energy saving tips on food preparation**
- ✓ **continue the enjoyment of eating out and socialising with food**
- ✓ **access a varied range of easy-swallow recipes.**

Although suggestions about treatment and care are provided, this guide is about quality of life. As eating and drinking form a huge part of this, we hope to make mealtimes easier to enjoy.



What's included and why?

"How about a cook book, with recipes that taste just as good blended as they do un-blended? MND families could share their recipes, stories and help each other out with handy tips and nutritional information to encourage others."

Becky, affected by MND

"Tips from other people who've been through this are so helpful."

Helena, carer

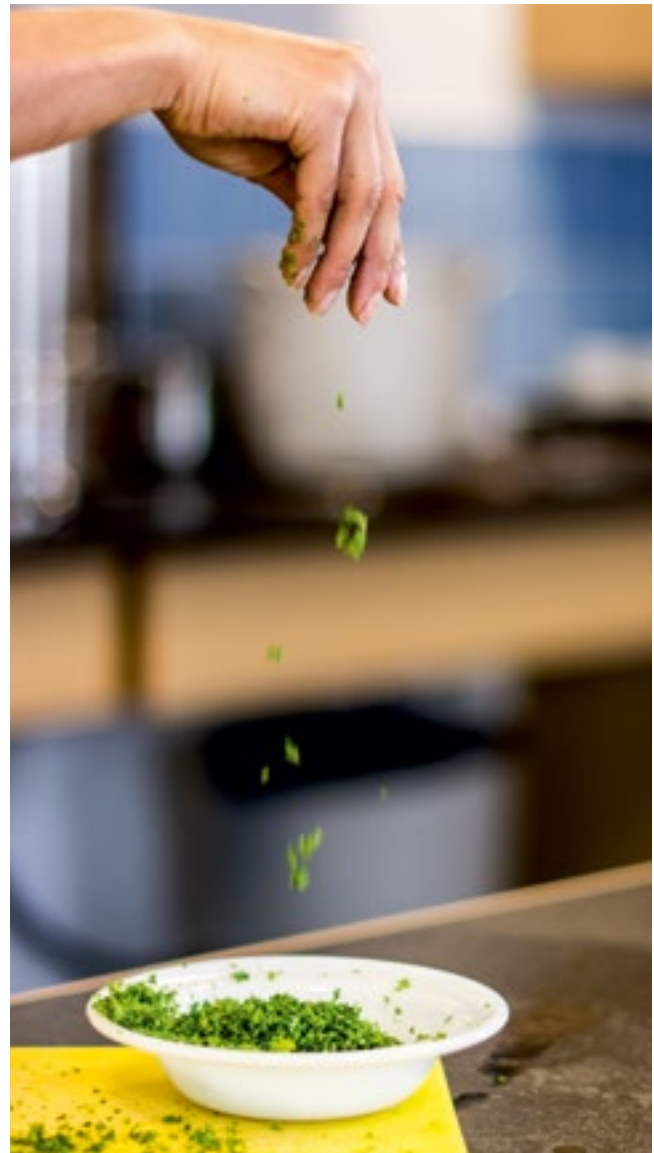
You will also see lots of tips and quotes from people with or affected by MND, who wanted to share their experience of cooking adapted recipes.

They may help you find new ways of doing things, with a little humour along the way.

For many years, we have provided easy-swallow recipes for people with MND. Having listened to feedback, we've updated our recipe collection with new ideas. Further information is now included to help with nutrition and food preparation.

The recipes have been approved by health and social care professionals. Your needs may be different to those of someone else with MND, but we hope you can try many of the dishes. Most of them are based on traditional family recipes, to help you adapt familiar meals into meals that are easy to swallow. Most of the dishes either suit or can be adapted to suit a purée diet, unless otherwise stated.

There may be some surprises! Watch out for our special featured recipes from celebrity chefs, dietitians and families affected by MND.



Our thanks to everyone with MND and their carers who contributed to the content of this guide



These included the group above, who attended a cookery demonstration for MND as part of the development. They helped provide many of the photos and quotes used in this guide.

See full acknowledgements at the back of this guide.

From left to right:
Brian - living with MND
Janette - carer
Dimple Thakrar - dietitian
Nina Squires - speech and language therapist
Margaret - living with MND
Ian - carer
Geoff - carer
Chris - living with MND



How do I order more information?

If you have any further questions or need support, contact our MND Connect helpline. The team can help you with information, emotional support and guidance to our own or external services:

Telephone: **0808 802 6262**

Email: **mndconnect@mndassociation.org**

You can order our printed publications from MND Connect.

We mention several of our information resources in this guide.

You can also find our publications online at: **www.mndassociation.org/publications**

You may find our range of information sheets helpful. The following sheets relate to subjects covered in this guide:

- 1A** NICE guideline on motor neurone disease
- 2B** Kennedy's disease
- 5A** Riluzole
- 6A** Physiotherapy
- 7A** Swallowing difficulties
- 7B** Tube feeding
- 7C** Speech and communication support
- 8D** Air travel and ventilation for MND
- 11A** Clothing
- 11B** Mouth care
- 11C** Equipment and wheelchairs
- 12C** Planning a holiday
- 12D** Travel and transport

We also provide the following guides:

Living with motor neurone disease:

A comprehensive overview about MND and how to manage daily activities with the disease.

Caring and MND: support for you:

A guide for carers to help them look after their own wellbeing when managing care for someone with MND.

Making the most of life with motor neurone disease (MND)

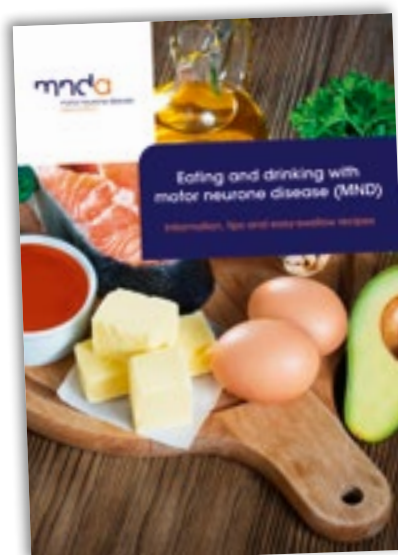
Our booklet to help you find ways to maintain your interests with MND.

We also provide a range of resources to help children, young people, parents and guardians communicate about MND. Find these at:

www.mndassociation.org/cyp



For more about our support, see Section 7: How can the MND Association help me?





"You may never have swallowing difficulties, but no two people with MND are the same. It's so difficult to predict the symptoms."

Nina Squires, speech and language therapist



1: How can MND affect eating and drinking?



This section includes:

- ✓ What should I expect?
- ✓ What about my family and carers?
- ✓ Why do I need to think about tube feeding?
- ✓ Who can help?



1: How can MND affect eating and drinking?

What should I expect?

With MND, you may have problems eating and drinking if you have:

- difficulties with chewing and swallowing
- problems with hand and arm control
- reduced mobility (making food preparation difficult)
- fatigue caused by problems with mobility or breathing (which can make the effort of eating and drinking feel tiring in itself).

MND may also increase the rate at which you burn energy. Ongoing research is exploring ways to manage this, as it can make it difficult to regain lost weight.

Over time, these effects may lead to:

- weight loss, fatigue and weakness (also caused by wasting of muscles)
- constipation (due to not drinking enough, change of diet and poor mobility)
- skin becoming loose, dry and flaky, which may lead to itching or increased risk of pressure sores
- dentures becoming loose, if worn
- coughing, if food or drink 'go down the wrong way' into your airways (known as aspiration) which can lead to repeated chest infections.

If you are concerned about coughing and choking when eating or drinking, ask your GP to be referred to a speech and language therapist for assessment of your swallow. We provide detailed information to help you and your carer manage these situations, as follows:



For more detail about swallowing, coughing and choking, see Information sheet 7A: Swallowing difficulties.

Weight changes: you are likely to lose weight with MND, which can affect your wellbeing. However, some people gain weight, due to lack of mobility. Discuss any changes to your weight with your health and social care professionals. Much can be done to ensure you receive the right balance of nutrients.

See Section 2: Will my diet need to change with MND?

You may find it useful to keep track of your weight at home. Or you can ask to be weighed at healthcare appointments to ensure this is being checked at regular intervals.

Mouth care with MND: is important, particularly if you find it difficult to swallow and clear your mouth of food and drink. We provide information about this:



For more detail see information sheet 11B: Mouth care.

What about my family and carers?

Over time, you may need help with food preparation, and with eating and drinking. If you live alone, you may need support from care workers.

In England and Wales, ask your local authority about a needs assessment to help identify appropriate services. In Northern Ireland, contact your local health and social care trust.

You may still find it useful to have a needs assessment if you live with a partner, family or friends. They may also benefit from a carer's assessment, which can be carried out jointly with your own.

The increased demands on those who support you can be extremely tiring, so it's important for you all to find easier ways to do things. Accepting some external support may be valuable.

With MND, those who take on a caring role often need to adapt to unfamiliar tasks within the home, which may include cooking.



"Although I always helped out with food, I was never head chef in the family. Now I cook for everyone. I provide home-cooked recipes, but still don't have much of a clue. Thank you Mister Supermarket for the occasional ready-meal!"

Geoff, carer



"MND makes you constantly question 'What's next?' and affects the whole family. So much control is taken away, but food is one area where you can take a little of that control back."

Dimple Thakrar, dietitian

We offer lots of tips throughout this guide that carers and family members may find helpful.

Our online forum offers a safe place for everyone with or affected by MND, including carers, to share experiences. See: <https://forum.mndassociation.org>

"I talk a lot to other MND carers - we all have tips to share."

Helena, carer



Further support for carers is explained in our guide, *Caring and MND: Support for you*, which looks at carer wellbeing and how their needs can be assessed.

Why do I need to think about tube feeding?

This guide focuses on eating and drinking by mouth, as much can be done to help with this, for as long as possible. However, with swallowing difficulties, you may need to think about other ways to receive the nutrition and fluids you need.

Significant weight loss with MND may affect other decisions. For example, having a feeding tube fitted is recommended before losing a lot of weight. It is your choice whether or not to have a feeding tube, but finding out the facts helps you make an informed and timely decision.



For more detail, see our *Information sheet 7B: Tube feeding*.

What is tube feeding?

You can use a feeding tube to receive specially prepared liquid feeds. The tube is inserted through the abdominal wall into your stomach, by a minor operation.

The most common method for long term tube feeding is called a gastrostomy. You may also hear this referred to as PEG, PIG or RIG – these terms are simply names for the way in which a tube is fitted. Whichever method is used, the result is the same.

"If you don't need tube feeds yet, a tube can still help. My husband uses his to hydrate with water."

Helena, carer





With tube feeding, you can:

- hide the tube easily under your clothes
- still continue to enjoy food and drink by mouth, for as long as you feel safe or wish to do so
- use tube feeds to top up or replace meals, or stay hydrated if you find it difficult to drink
- have the prescribed feeds delivered to your home
- help regain or maintain your weight
- reduce the risk of chest infection from food or drink entering your airway (aspiration).

Tube feeding is designed to help with quality of life and may improve your sense of wellbeing. You can receive the right level of nutrition in a timely way, and anxiety and frustration at mealtimes may reduce, once you are used to the new routine. It is also an effective way to take certain medications, when supplied in liquid form.



If you would like to see video content about tube feeding with MND, see the MyTube website at: <https://mytube.mymnd.org.uk>

"You may get tired when eating or drinking. If you can't finish meals, you will lose weight over time. You can use tube feeding to top-up with the nutrients and calories you need."

Dimple Thakrar, dietitian

Are there any risks with tube feeding?

As with any minor operation, there are some risks, but your health and social care team can advise. This can also be a good time to discuss the choices available for feeding in the later stages of MND.

Your views about tube feeding may be different to those of your family and carers. Having an open conversation, perhaps with a relevant health or social professional for guidance, may help everyone reach a shared understanding.

What happens if I decide not to use tube feeding?

Even if you do not wish to consider tube feeding, it is worth finding out all the facts. Your views may change over time and you have the right to review any aspect of your treatment and care. Being fully informed can help you make choices in a timely way.

If you decide not to use tube feeding, your dietitian and speech and language therapist will continue to help and advise you.

"Some people don't want to go down the route of tube feeding and we need to respect that as professionals, but it's all about having the facts so you can make an informed choice."

Dimple Thakrar, dietitian



“Health and social care professionals need to work as a team with MND. Particularly dietitians and speech and language therapists who support where swallowing difficulties are experienced. A multidisciplinary approach across a range of professionals, who co-ordinate care is essential, as the needs of someone with MND are so complex.”

Dimple Thakrar, dietitian

Who can help?

If you are losing weight or having any problems eating and drinking, ask your health and social care team for guidance. For concerns about eating, drinking and weight, you are likely to meet the following professionals:

Dietitian: for advice on food types, diet and how to keep you nourished (they usually work closely with your speech and language therapist).

Speech and language therapist (SLT): for assessment of your swallow and advice about eating and drinking techniques, and food and drink consistencies.

Occupational therapist (OT): for advice on posture, managing fatigue and how to conserve energy. Also, how to source suitable equipment if you develop weakness in your arms and hands, such as adapted crockery, cutlery and utensils.

Physiotherapist: for help with posture, exercise and assisted exercise. Respiratory physiotherapists can also advise on how to manage possible coughing, gagging or choking when eating and drinking.

GP: for general medical advice, prescriptions and referrals to specialists.

Pharmacist: for guidance on types of medication, such as whether they are available in liquid or soluble form for ease of swallowing.

You can also contact our MND Connect helpline for information about services:

Telephone: **0808 802 6262**

Email: **mndconnect@mndassociation.org**

You can list questions below for professionals, such as your dietitian or speech and language therapist. If relevant, they can add notes in the second column to suit your individual needs.

My questions:	Notes from my health and social care professionals:



"If you want to maintain weight with MND, it's about eating what you enjoy, because you're more likely to eat more."

Dimple Thakrar, dietitian



2: Will my diet need to change with MND?

This section includes:

- ✓ Will it make any difference what I eat?
- ✓ How can extra calories help me?
- ✓ How can I take medication?
- ✓ Will it make any difference what I drink?
- ✓ How do I source food and drink that's right for me?



2: Will my diet need to change with MND?

With MND, a common question is whether or not particular types of food can help. Although specific foods and drinks cannot stop the disease from progressing, balanced nutrition is still important for general wellbeing.

"I try to think about vitamins and balance of different foods, as well as flavour and ease of eating."

Helena, carer

Will it make any difference what I eat?

With MND, weight loss may happen due to muscle wasting and swallowing difficulties. If so, you may need to rethink how you eat.

"I was aware I had lost weight. Continuing on a low fat, low sugar diet was not the name of the game."

Person living with MND

A high calorie diet is often used with MND to help you maintain or regain weight. However, if weight is lost from muscle wasting, it may be more difficult to put back on. Wasting can happen if you have mobility issues and use your muscles less than before.

Maintaining weight is important, as significant weight loss can worsen fatigue and impact on wellbeing. It can also affect decisions about other treatment, such as timing for introduction of tube feeding.



See Section 1: How can MND affect eating and drinking?

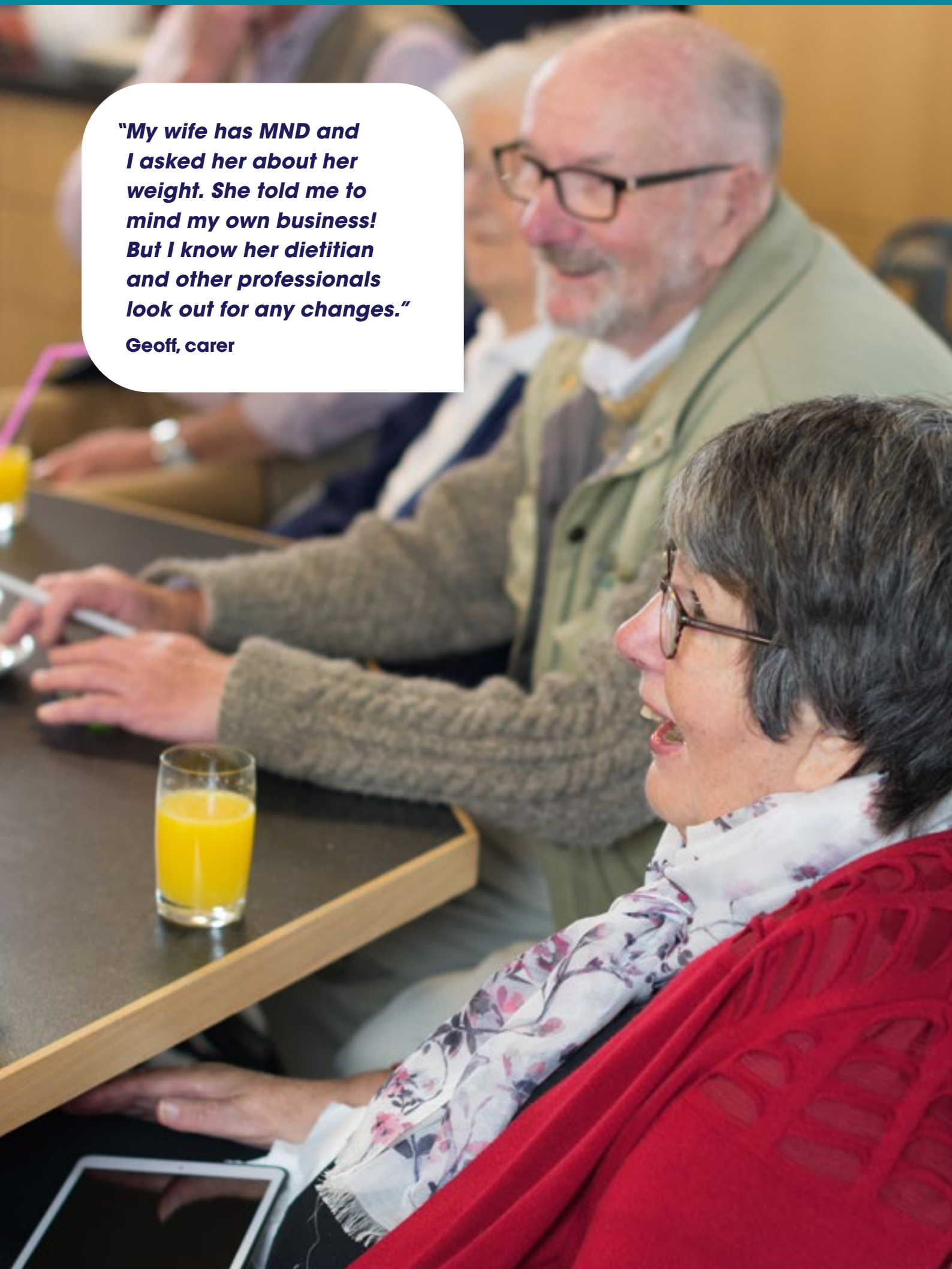
If you experience weight loss with MND, ask your GP for a referral to a dietitian. They can advise on how to increase your calories in the most suitable way. This may include more fats and carbohydrates than you have been used to eating.

"Full fat foods are important to help the person with MND maintain weight. We like to use crème fraîche, Greek yoghurt and butter to help blend ingredients."

Helena, carer

"My wife has MND and I asked her about her weight. She told me to mind my own business! But I know her dietitian and other professionals look out for any changes."

Geoff, carer





"My husband put on a lot of weight because he couldn't move. It became difficult to hoist him."

Carer, supporting someone with MND

If you feel you are overweight or possibly gaining weight from lack of mobility, discuss this with your GP and dietitian. Your weight will still need to be monitored and a typical weight-loss diet may not be appropriate.

With swallowing difficulties, you may also find that some foods are easier to swallow than others. For example, some foods may be easier to move around in the mouth, others may 'catch in the throat' if they are stringy, crumbly or include husks. These may make you cough.

"Anything too spicy makes my husband cough, so we tend to avoid chilli, but find other spices like paprika make a good substitute."

Helena, carer



For more details about suitable foods, see Section 4: Can eating and drinking with MND be made easier?

How can extra calories help me?

Fortifying food means adding to your diet, which can be done in two ways:

- adding natural ingredients, such as cream or butter to increase calories and maintain weight
- using nutritional supplements to provide calories, vitamins or minerals as needed.

A wide range of supplements are available for all sorts of nutritional needs. Your dietitian will be able to assess whether you need a nutritional supplement and advise on the most appropriate product from your local chemist. Some may be available from your GP on prescription.

There are no supplements particular to MND, but depending on your needs, weight and symptoms (such as fatigue), your dietitian may advise fortified drinks, vitamins or other supplements to support your wellbeing.

"It's common for people with MND and carers to think that a 'healthy' diet for the disease means reducing fats. Yet, with the potential weight loss from swallowing difficulties and muscle wasting, you may need to add fats to fortify the food, which helps to include as many calories as possible."

Dimple Thakrar, dietitian

Fortifying foods with fats can be done without the need for prescribed supplements. A quick way of adding calories is by using extra fats such as margarine, butter, cream and oils.

Although added fats will increase calories, they don't usually increase volume too much. This is useful if you find your appetite reduces and you cannot eat large amounts.



"Olive based spreads are high in calories and may be better for your heart than some other fats. But if you like the taste of butter and feel it helps you eat more, then use it. If you lose weight with MND, a high fat, luxury, thick and creamy diet is recommended. So feel free to enjoy!"

Dimple Thakrar, dietitian

"When helping someone with MND to keep their weight up, don't get too worried about how much they eat, but whether they get the right amount of calories."

Ian, carer

Ask your dietitian for advice about oils and fats, as some people find certain types (such as coconut butter and oil) can cause loose stools or diarrhoea if used in excess.

If you are worried about another condition, such as high cholesterol, also ask your dietitian for guidance. It may be a case where you both need to consider what is most important and, following any decision, continue to monitor symptoms and your wellbeing. Severe weight loss should be avoided if possible, as this risks:

- malnutrition, where the body is not getting the nutrients it needs to function properly and becomes less resistant to infections
- skin problems and sores, as the body needs a little 'padding' if you become immobile
- making it harder to introduce certain treatments, such as tube feeding.



How can I take medication?

With swallowing difficulties, it may become harder to take medication in tablet form. Ask the professional who prescribes the medication the following:

- When do I need to take the medication and will mealtimes and eating affect this?
- Can I add particular medications to food that is easy to swallow, such as jam, custard or yoghurt? (This may be easier than trying to swallow tablets with a sip of water.)
- Is there a liquid form of the medication for ease of swallowing or can the tablets be crushed or dissolved (known as a suspension)?
- Can a liquid form of the medication, or a suspension, be used with tube feeding or is there a risk of blocking the tube?

Riluzole is currently the only drug licensed for treating MND in the UK. If you take riluzole, you will not be aware of any difference in your symptoms, but taking this drug may slow down the progression of the disease by a few months on average. It is available in both tablet and liquid form, but some areas may only offer one type, so ask your prescribing doctor for guidance.



Find more information on sheet 5A: Riluzole

Will it make any difference what I drink?

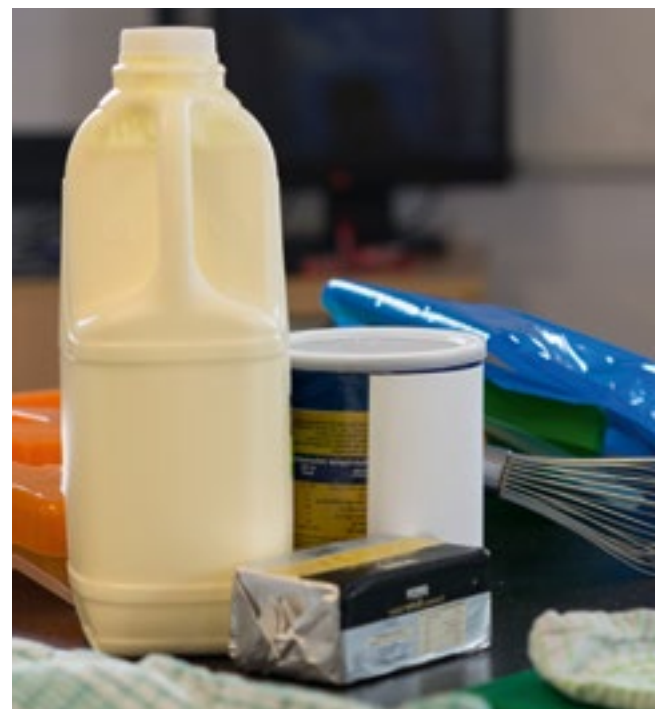
If your mobility is affected by MND, you may be tempted to cut down on fluids to save trips to the toilet. However, this can leave you dehydrated.


The amount of fluid you need will depend on your body weight and general wellbeing. As a rough guide, the Department of Health recommends we drink about 1.2 litres of fluid every day (about six 200ml or eight 150ml full glasses). Try to drink this amount or include more fluids in your meals.

Fluids can move quickly and may cause you to cough if you have swallowing difficulties. You may find it easier to drink thicker fluids, as they move more slowly. Specially prepared thickeners are available to help with this.



See the heading How do I use thickeners? in Section 4: Can eating and drinking with MND be made easier?





"With MND, you may get constipated if you're not moving around as much, which helps encourage the bowels. If you then drink less and get dehydrated, it makes the problem worse."

Dimple Thakrar, dietitian

"If you need a puréed diet or thickened fluids, you can get a thickening agent on prescription."

Nina Squires, speech and language therapist



"It can help to include food items which have a high fluid content in your day to day diet, such as stewed fruit, sorbets, ice lollies and jelly."

Nina Squires, speech and language therapist

You can also fortify drinks in the same way as food, such as drinking thick milkshakes with ice cream added. This can help if you are trying to regain or maintain weight. For example, use full cream milk, and add skimmed milk powder to increase calories and protein (you can use full fat or semi-skimmed milk powders, but these tend to clump, making them harder to mix).

Can I drink alcohol?

You can continue enjoying wine, beer or spirits with MND, if wished. However, take care that:

- you are not left feeling dehydrated
- there is no risk in mixing alcohol with any medications you take
- you are not at increased risk of falls if your mobility or balance are affected by MND.

If thin fluids become difficult to swallow, you may need to find different ways to enjoy alcohol. For example, vodka jelly.



See Drinks and smoothies in Section 5: [Vodka jelly recipe](#)

Ask your health and social care professionals if you would like to have an alcoholic drink through tube feeding. This may be acceptable and some people say they can still sense the 'taste' of a favourite beer, wine or spirit this way.

"My husband likes a pint when going out and has become really good at finding ways to drink even though he has trouble using his hands and arms. Raising the glass of beer to a different height helps and he can still use a straw, as he doesn't have swallowing difficulties."

Carer, supporting someone with MND



How do I source food and drink that's right for me?

You may wish to source specific types of food or food produced under strict controls if you have:

- known allergies or intolerances, such as severe reactions to nuts, or difficulties with gluten (wheat and certain other grains) or dairy products (milk or milk-based foods)
- specific beliefs or religious convictions, for example, food can play an important part in religious celebrations
- personal, ethical or health preferences, such as a vegan or organic diet.

Beliefs or religious celebrations can affect when and how you eat, such as Ramadan. If this is the case, it may be worth asking both your faith leader and your health and social care professionals for guidance.

Most large supermarkets now support a wide range of needs, such as vegan diets or ingredients for recipes from around the world. This includes options for people with health problems or allergies. With online ordering and home delivery, this can be a simple way of sourcing specific food and drink.



Home delivery can also save time and energy for you and your carer. You can also source easy-swallow meals that are ready made, which can be home delivered.



See Useful organisations in Section 7: Further information, for a range of suppliers.

"If a ready-made soft food is still difficult for the person with MND to eat, you can often blend it to make it smoother. We do this with things like guacamole."

Helena, carer

Local suppliers, health food stores, farm shops and specialist providers can also help, depending on your needs. Ask your dietitian and wider health and social care team for guidance to specialist suppliers in your area, or look online.

Tube feeds

If you use tube feeding, the specially prepared liquid feeds are available on prescription and will be delivered to your home.

Ask your dietitian if you have any specific requirements for tube feeds. For example, if you are vegan, it may be worth checking the full list of ingredients.



"You still want to eat out with MND. Why not? It's a social thing which I still want to enjoy."

Brian, living with MND



3: How about eating out?

This section includes:

- ✓ How might social situations be affected?
- ✓ Are there any tips for eating out?
- ✓ How can I get the food and fluids I need on holiday?



3: How about eating out?

How might social situations be affected?

Many social activities include food and drink. If you have swallowing difficulties or problems with grip and arm movement, you may find:

- it takes longer to eat or drink than other people
- food can go cold as it takes longer to eat
- food and fluids tend to spill or dribble as you eat or drink
- food or drink sometimes 'goes down the wrong way', making you cough
- someone else has to help you eat or drink.

You may find it tricky to keep up with conversation or ordering during meals if your speech and communication are affected. Problems gaining access to buildings can also add to frustration and make getting around more difficult.

"Despite our laws on discrimination, we still find many businesses and restaurants remain inaccessible."

Ian, carer



All of these things can leave you feeling self-conscious or worried.

"My wife prefers not to face other people in restaurants. She feels more comfortable with a bit of privacy, so we try to sit somewhere that gives her this."

Geoff, carer

If you need easy-swallow meals, it may be difficult to find restaurants and places to eat that serve appropriate food. Even soups may not be suitable if they contain lots of 'bits'.

However, planning ahead can make social situations with food and drink a little easier.

Are there any tips for eating out?

Whether eating out at an event, family occasion or restaurant, these suggestions may help.

"It's all about sharing and enjoying food - at home, it's nice if you can enjoy meals and the same flavours together."

Janette, carer

Family meals: If you have swallowing difficulties, carers and family may worry about upsetting you, because they can still enjoy things you can no longer eat or drink. This may lead to having meals at separate times or in different rooms. Try to have open conversations about fears and worries, as this may help to maintain family mealtimes.

"We tried to keep things as normal as possible, but in the end we did eat at separate times. Helping him to eat and trying to eat at the same time proved too difficult."

Carer, supporting someone with MND

Speed: If you worry about the speed at which you eat, try to eat something before you go out or eat in company. Then you can eat smaller amounts at gatherings and feel less pressure to keep up with everyone else. For example, you could order a starter as a main course.

Fatigue: Taking a nap before mealtimes or eating little and often can help if you get tired easily. Let hosts know in advance when you are likely to leave a social occasion – if they know what to expect, it's easier to make an early exit if needed.

Spillages: If you think you may spill food or drink, but you don't want to use an apron or adult bib in company, a dark patterned top will help disguise splashes. Or wear a layer of clothing you can then remove. Keeping a pack of wet wipes handy may help clear spills and stains quickly.

"My husband wears walking trousers a lot. These are easy to wear, easy to wash and dry quickly."

Helena, carer



For more detail, see Information sheet 7A: Swallowing difficulties, which includes guidance about saliva problems.

Saliva problems: If you have difficulties with either thick or thin saliva, ask your GP or healthcare team for advice, as there may be therapies or medication to help. When eating out, take plenty of tissues with you in case thin saliva tends to pool in the mouth.

Easy-swallow: Contact the host or venue beforehand to let them know your needs. It may be possible to blend a portion of the foods being served if you require easy-swallow meals. Many restaurants are more than happy to assist in this way, but it does help to find out first and let them know ahead of any visit.

"We've found most restaurants are willing to do all they can to help."

Helena, carer

Drinking: If you use prescribed thickener in thin fluids, it may help to take a small container of this with you when eating out. This can be mixed with any drink, including alcohol, teas and coffees.



See the heading How do I use thickeners? in Section 4: Can eating and drinking with MND be made easier?

"If you don't like thickening your drinks when you are out and about there are lots of naturally thick drinks available, such as tomato juice, milk shakes and fruit smoothies."

Nina Squires, speech and language therapist

Ordering: If you use a computer based communication aid, you can pre-set your order so that it displays or 'speaks' for you when you arrive at a restaurant. Contact the venue to find out the menu beforehand so that you can make your choice. Most restaurants also display their current menu on their website.



For more detail, see our Information sheet 7C: Speech and communication support.

Conversation: if you use a computer-based communication aid, you can pre-set questions and common responses to use during a meal. This may help if you find it hard to respond quickly in discussions. You can use pre-written notes in the same way. If you find it hard to write, your carer may be able to make notes for you, ahead of time.

Facilities: if you use a walking frame or wheelchair, find out whether the venue you plan to visit has easy access to get into the building, to the table where you will be seated and from the table to their toilet facilities. Restaurants usually offer disabled toilet facilities.

"As access into buildings can be a problem, we tend to go and have a look first. It also helps to peek inside, as there may not be room for a wheelchair to move between tables."

Brian, living with MND

"One pub we go to always has a table for wheelchairs. When you find somewhere like that, you go back again."

Chris, living with MND

How can I get the food and fluids I need on holiday?

Once you have chosen a holiday location, either in the UK or abroad, contact your accommodation and ask about:

- accessibility into and around buildings, including restaurants (both at the holiday accommodation and in the surrounding area)
- the facilities available and any assistive equipment that can be provided
- whether specialist foods can be easily sourced, especially if you need prescription tube feeds, nutritional supplements or thickeners while away.

If travelling by plane, contact the airline and ask about the rules for bringing items with you, like supplements, thickeners and medication. These may all require either forms or a letter from your GP – particularly when you reach your destination, where there may be different laws.

It's worth checking if you can purchase equivalent products at a chemist once you arrive. Some companies in the UK are happy to deliver these types of products to your destination, even when travelling abroad – ask your dietitian for guidance.

If you have a feeding tube, there may be problems in carrying liquid feeds on a plane. Although this may be allowed on outgoing flights from UK airports, do check the rules of airport security at your destination. It may not be permitted on internal flights in countries where security alerts are on high.



For more detail, see our Information sheets 8D: Air travel and ventilation for motor neurone disease and 12D: Planning a holiday.



“When a speech and language therapist advises you to choose softer food options, it requires a change not just in mindset, but in shopping and food preparation habits too. These are all big changes for an individual and their carer to take on board.”

Nina Squires, speech and language therapist



4: Can eating and drinking with MND be made easier?

This section includes:

- ✓ What can I do to make it easier?
- ✓ How do I change the texture and consistency of food?
- ✓ How do I use thickeners?
- ✓ Fork mashing
- ✓ Blending and puréeing
- ✓ Piping
- ✓ Shaping with food moulds
- ✓ Is there any equipment that will help me?
- ✓ Are there any tips to save time and energy?



4: Can eating and drinking with MND be made easier?

What can I do to make it easier?

If your swallow, ability to chew or your grip have been affected by MND, you will naturally find ways to adapt. This section offers ideas that may help.

"Looking back, I am surprised how easily I adapted my meals without realising. Firstly, I cut out items which I couldn't chew, then things which made me cough and now I am still able to enjoy a nutritious and varied diet."

Chris, living with MND

If you think your swallow may be affected, ask your GP to refer you to a dietitian for guidance on nutrition, but also a speech and language therapist for assessment of your swallow.

When assessing your needs, your speech and language therapist can advise on:

- techniques for chewing and swallowing
- ways to help avoid fatigue when eating and drinking
- how to adapt food and fluid consistencies to suit your swallowing needs.

When eating and drinking, try to:

- sit as upright as you can or use cushions for support (rather than lying back)
- take your time, with small mouthfuls, and clear each mouthful before taking the next
- if you have problems drinking thinner liquids, don't try to wash mouthfuls of food down with a drink – eat moist food instead and swallow more often until it clears
- avoid eating when feeling very tired – if you tire quickly when eating, try smaller amounts more often
- remain sitting upright for at least 30 minutes to an hour after eating, as this may help to prevent food 'repeating' or any feeling of acid (known as reflux or 'heartburn').

It may also help to tip your chin forwards a little as this helps to close the airways, but ask your speech and language therapist for guidance on swallowing techniques.

If you are concerned about coughing and choking when eating or drinking, ask your GP for a referral to a speech and language therapist. We provide detailed information to help you and your carer manage these situations.



For more detail about swallowing, coughing and choking, see Information sheet 7A: Swallowing difficulties.

How do I change the texture and consistency of food?

At first, you may only need to ensure that food is cooked until soft and tender. As time goes on, fork mashing soft food on the plate may help.

“To put it simply, if you mash food on the plate, there is less work to do in the mouth.”

Dimple Thakrar, dietitian

If you need more help, blend or purée to a custard-like consistency for ease of swallowing. Using a thickener may help.



For more detail see next heading: *How do I use thickeners?*

As texture is lost with blended food, flavours may need to be a little more intense to make up for this.



“Eating salad is difficult, as thin leaves are difficult to move around in his mouth and swallow. If I chop salad ingredients very finely, he can manage this much better and is still getting fresh vegetables.”

Helena, carer

“A blended diet means most of the work has been done before you eat, but it can be more difficult to make it look and taste appetising.”

Nina Squires, speech and language therapist



Some foods present more problems than others in terms of texture.

Everyone is different and will need to work out which foods suit them best. However, you may find the following difficult:

- mixed textures and liquids with 'bits' such as minestrone soup
- foods that need a lot of chewing, such as fresh bread or some meats
- foods that get sticky in the mouth, such as bread (some people find toasted bread is easier to eat, depending on your swallowing ability)
- stringy foods, such as celery or some green beans
- coarse hard foods, such as nuts or well-done toast
- crumbly foods, such as biscuits, cake and crunchy cereals
- dry foods, such as flaky pastry
- food where juices separate, as thin liquids may be tricky to swallow
- skins on food, such as sausages (in most cases, these can be removed)
- some vegetable skins, which can be difficult to clear in the mouth, such as tomato skins or the shell of a piece of sweetcorn or pea or bean.

Think about cooking techniques, too. Will the process you use result in consistencies and textures that could be difficult to swallow?

How do I use thickeners?

Some foods and fast flowing liquids can be harder to control and may cause coughing with swallowing difficulties.

Thickening food and fluids can make them easier to control when swallowing. Some drinks are naturally thicker, but still high in fluid, such as milk shakes, fruit purées and smoothies.

You can also eat foods with a thickened fluid content, such as:

- yoghurt, custard, mousses, jelly or ice-cream (or add cream)
- soups and vegetable purées.

Many foods can be thickened quite easily with the following:

- flour, cornflour or arrowroot
- rice flour, ground rice or semolina
- instant mash potato, breadcrumbs or cereals.

"Grilling mashed or puréed foods for too long will create a crispy top, which may be more difficult to eat if swallowing is affected."

Nina Squires, speech and language therapist

"My dad had trouble drinking tea and coffee so mum used this thickening powder - he said coffee was ok, but tea tasted horrible!"

Young carer

Thin fluids, drinks or foods that need to be a specific consistency (for example, to use in a food mould) may need **thickening powders**, as prescribed by a health professional.

You may find it hard to adjust to thickened drinks at first. We expect food to have varied consistencies, but a cup of tea that you may need to 'drink' with the help of a spoon can seem odd.

Prescribed thickeners are usually a form of starch or gum and designed to be:

- tasteless, so they do not alter the flavour of food or liquids, but if you don't like one, ask to try a different type
- stable, so thickened food can be frozen and retain its consistency and shape when reheated
- used in hot or cold foods and fluids
- quick – usually thickening within a minute (allow for about 30 seconds before adding any more, as thickeners may take a little while to react).

Starch-based thickeners don't usually contain any fibre.

Gum-based thickeners can contain fibre, which has the following advantages and disadvantages depending on your needs:

Advantages: can help you feel fuller for longer and help with any constipation as it aids bowel movement.

Disadvantages: may cause some bloating and wind.

Discuss your needs with your dietitian and your speech and language therapist to work out which thickeners are more likely to suit you best.

Follow instructions, as each brand of thickener may use different measures or times to thicken.

Thickened foods can be kept in the fridge for use the next day, but as with most homemade foods, may not be safe to keep for longer than 24 hours. However, you can freeze larger batches.

"A good tip when mashing or puréeing vegetables is to add a little thickener. If you don't, fluids may separate and gather on the plate, which can cause coughing with swallowing difficulties."

Nina Squires, speech and language therapist



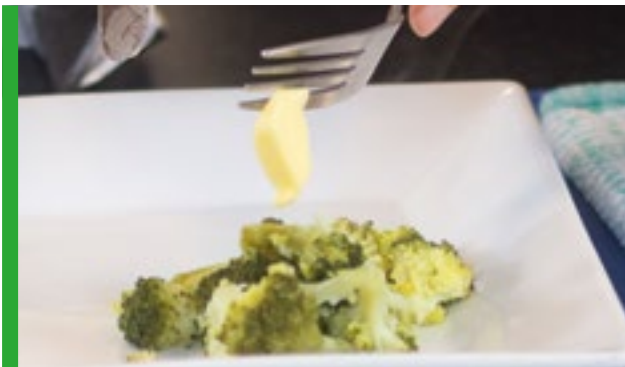
You may need to be careful with things like sauces. A meal of the right consistency can still cause coughing with thin gravy poured over the top. Extra granules will thicken instant gravy, but this may increase the salt content. An alternative thickener may be more appropriate.

"To naturally thicken vegetable soups and add carbs, blend in a jacket potato. Crumpets also work well for this and seem to work better than adding bread."

Helena, carer

Fork mashing

The following example shows how to make the most of fork mashing a vegetable:



1. Cut the vegetable into small pieces, add water and bring to the boil. Simmer until soft. Drain and arrange on a warmed plate. If you need to fortify the food for extra calories, add a little butter, which will also make the vegetable easier to mash.



2. If the vegetable is tender it should mash quite easily. There are some exceptions – for example, asparagus doesn't mash well. Even though it's soft, it can be stringy (but it will blend well if needed).



3. You may find the food portion looks twice as much on the plate once mashed. This can confuse the appetite and make you eat less, so fortifying with butter or cream may be important to ensure you get the calories you need.

Blending and puréeing

Blending foods can be done to any consistency. If a blender is used only briefly, the food may still have texture. A puréed food is blended or sieved until it is completely smooth. Use the consistency that feels suitable for your needs, as recommended by your speech and language therapist.

“Don’t try to blend large pieces of cured meats like chorizo sausage, as they are really dense. I did and broke our blender! Chop up first, then they blend okay.”

Helena, carer

The following example shows how to turn a blended vegetable into a purée:



1. Chop the vegetable into small pieces and bring to the boil in a pan. Simmer until the vegetable is soft.



2. To blend you may need to add some liquid. Add milk or cream if you need to fortify, which may also help it blend more smoothly.



3. You can transfer to a jug blender, but a hand blender will quickly blend in the same pan. This may also help to keep the food warm. Blend to the required consistency, ensuring there are no lumps. Add more liquid, such as milk, if needed.



“Tilt the pan away from yourself when using a hand blender in a pan, or like myself, you may end up wearing the contents! Covering the top of the pan with a cloth can help, but you do need to be careful not to catch the cloth in the blender.”

Dimple Thakrar, dietitian



4. Juices from the vegetable may separate. If you have a weak swallow, these thin fluids can cause coughing. Adding a little thickener will stop this happening and create a stable purée.



5. Add the thickener gradually and wait a short while before adding any more, as it may take a few seconds to work.



6. When the mix is ready, serve or add to food moulds (see instructions for moulds later in this section).

Tips for blending foods

- When blending, you need to ensure that all lumps or bits have been fully broken down to help avoid risk when swallowing.
- If a mix is stiff, add fluid to help it blend (water dilutes, so add milk, cream or healthy oils to fortify).
- Unless making stew or soup, blend each part of a meal separately, for example meat separate to vegetables (you can then enjoy individual flavours or mix as suits when eating).
- With a hand held blender you can blend food in the cooking pot, rinse the blender quickly and move onto the next pot. This may be quicker and easier than a jug blender, but both can be useful.
- You don't have to wash a jug blender out for each part of a meal – simply blend the lighter flavours first and the stronger flavours last.
- Avoid using blenders and hand blenders for starchy foods like potatoes, pasta, bread and rice, as these tend to create a glue-like, sticky consistency.
- You can use all sorts of stocks, sauces, creams or crème fraîche to help blend and fortify at the same time.
- Keep some packet soups as an alternative to stock cubes – once made up they work well for blending and you'll have a range of flavours to hand.
- Try to serve blended or puréed food on a warming plate, as it can go cold quite quickly.

"Having been through this already, I'd recommend investing in a decent blender from a trustworthy brand. The cheaper versions may need replacing at some point, which costs you more in the long run."

Helena, carer

"Some treats are not worth the expense if you need to blend foods. For example, most fish tastes fairly similar when puréed, as you don't have the different textures anymore. So maybe not worth blending something like lobster."

Helena, carer



Piping

Piping is often used for sweet things, like whipped cream, meringues and icing, but can also be used with puréed foods for appeal.

You can purchase piping bags and nozzles from most cookery shops, supermarkets and online suppliers.

It may feel too time consuming for a single portion, but you can make batches to freeze. Piping is also a fun way to get young members of the family involved in food preparation.

The following example shows how it can be used for mashed potato:



1. Cut potatoes into small chunks and bring to the boil in a pan. Simmer until soft, then add butter to fortify.



2. Add a little milk to help ease the mashing process – you can add more as you go, if needed.



3. Use a hand masher or potato ricer, as potato is too 'gloopy' for blending. Aim for a smooth, thick consistency (it should still stick to a spoon).



4. Fill the piping bag and squeeze down, but leave some room at the top.



5. Twist the piping bag around at the top, to seal in the mix.



6. Squeeze the contents to pipe onto the dish.



7. You can fortify again by adding finely grated cheese to the top of the piped potato. Grill to melt the cheese (but don't brown too much, in case it gets crispy).



Shaping with food moulds

Simple cooking rings and shapes can be used to arrange food on a plate. You can also source food moulds to shape puréed vegetables, meat and fish, so they look like portions of the original ingredient.

"Textured food moulds can be helpful. The way food looks is important, as it can help it look appetising."

Helena, carer



The following example shows how food moulds can be used:



1. Blend the vegetable as shown in previous instructions. Enough thickener should be added to make the mix 'stick' to the spoon. Add the thickener in stages, giving a minute to see how it thickens, to avoid adding too much.



2. Add the mix into the food moulds and cover, then freeze. They need to be frozen to take on the shape of the mould.



3. You cannot move the portions once reheated or they will lose shape, so when you want to use them, pop the required frozen portions from the food mould onto an ovenproof dinner plate. Add a small dish of shallow water onto the plate to help keep the serving moist, then heat the plate in the oven for approximately 10 minutes on a medium heat (or heat through in a microwave).



4. It's important to ensure the vegetable portion is reheated all the way through. Use a cocktail stick to test there are no frozen areas (this will disturb the surface less than testing with a knife or fork).



5. Once cooked and presented as part of a meal, the vegetable portions will look very much like any other vegetable serving. Not only is this more appetising, but some people find this helps to maintain dignity if eating in company.





Is there any equipment that can help me?

At first, simply using your existing equipment in different ways may help. For example, using a pasta bowl instead of a dinner plate can help you pick up food more easily by using the sides of the bowl.

There are also ways you can adapt existing cooking utensils, cutlery or crockery, such as adding foam handles to help you grip. Many people use pipe insulation tubing as a quick solution.



You can also source a wide range of equipment to help you remain independent for as long as possible.

Sometimes this can feel like 'giving in', but these items can help you make the most of the abilities you have. This can also help your carer, as the demands of care increase.

Typical items might include:

- a perching stool to help you feel more balanced and supported, if you still wish to be involved in food preparation
- adapted cutlery and crockery to help you eat and drink
- insulated plates to keep food warm if it takes longer to eat
- an arm support to assist when eating
- aprons and adult bibs to catch any food or drink that might fall or drip.

Adapted straws, with one way suction, stop fluid slipping back down the straw. These can be helpful, but ask your speech and language therapist for an assessment first. There may be a risk of fluid 'going down the wrong way' when using any type of straw with swallowing difficulties.

Rather than making lots of purchases, which may not be suitable when they arrive, have your needs assessed. An occupational therapist can help with this and advise on appropriate support. There may be various pieces of equipment or aids that can be supplied through the NHS or adult social care services free of charge (or on loan).



See also MND support grants and equipment loan in **Section 6: How can the MND Association help me?**

Are there any tips to save time and energy?

"Fatigue often affects people with MND, especially towards the end of the day. As this can affect your ability to eat and drink, it might be easier to have the main meal in the middle of the day and a lighter snack in the evening."

Nina Squires, speech and language therapist

"When batch cooking, freeze some portions as cooked for your family or carer, and some which have been blended for yourself, then label them. This helps you to enjoy the same flavours together at a later date."

Nina Squires, speech and language therapist

These suggestions may help:

- Batch cook large amounts and freeze them to create home cooked ready meals that just need defrosting and reheating.
- If using food moulds, fill these in batches too, for freezing – then you can simply pop out single portions as needed for reheating on a plate.
- If you have a small amount left over when piping a puréed meal, pipe the remainder into a container for freezing to save an easy quick snack.
- You don't always have to cook a specific meal, sometimes you can simply blend further flavours with a main ingredient, for example, a piece of cooked and deboned fish blends well with garlic, capers and butter.
- Order some ready-made easy-swallow meals for freezing – although home cooking is great, you don't need to cook from scratch all the time.

If your symptoms mean that you find it difficult to prepare meals for yourself, there may still be ways you can get involved, which also assist your carer and save time. For example, you may be able to plan menus for the week or order groceries online.

Important:

If you have care workers coming into your home to prepare meals, provide instructions about your needs to save frustration.


Not all care workers have experience of MND or swallowing difficulties, and may not realise if you need help to eat and drink. If you have problems with communication, the following publication may help, which enables you to record and share your needs with care workers or staff in other care settings.



**See our booklet:
*Understanding my needs.***

"You can buy ready-made easy-swallow meals from a range of providers."

Helena, carer



"You may need to adapt your diet with MND, but it's still your choice what you eat and drink. Good recipes can be so helpful with this."

Dimple Thakrar, dietitian

"Easy to swallow foods don't need to be bland or boring but they do need to be simple to prepare. It's always good to see new ideas like this. I'm looking forward to experimenting with these recipes and having different, tasty additions to my diet."

Chris, living with MND

5: Easy-swallow recipes

This section includes:

- ✓ About our recipes
- ✓ Consistencies of food and drinks
- ✓ Quantity conversion tables
- ✓ Drinks and smoothies
- ✓ Quick snacks
- ✓ Meat dishes
- ✓ Fish dishes
- ✓ Vegetable dishes
- ✓ Desserts



5: Easy-swallow recipes

About our recipes

Our recipe collection has been gathered over time, from people with or affected by MND, and the professionals who support them. Celebrity chefs have also kindly contributed ideas – we have featured recipes from Dan Doherty, Prue Leith and Levi Roots.

Listening to feedback from families affected by MND, we have included both quick recipes and suggestions to help with family celebrations. Most recipes can be adapted to suit a purée diet. If needed, add extra calories with butter, healthy oils (such as olive oil), cream and so on. Portions for other people can be separated before blending or adding calories.

Breakfasts: often feature bread and cereals that are not easy to swallow. However, cereals such as porridge or different foods at breakfast can help. Look through our recipes for ideas.

Suitability: not all of our recipes will suit everyone. It may help to read a recipe in full at the start, to see if it's suitable for your needs.

You will of course have your own tried and tested favourites too. However, we hope you enjoy trying some of the ideas listed here.

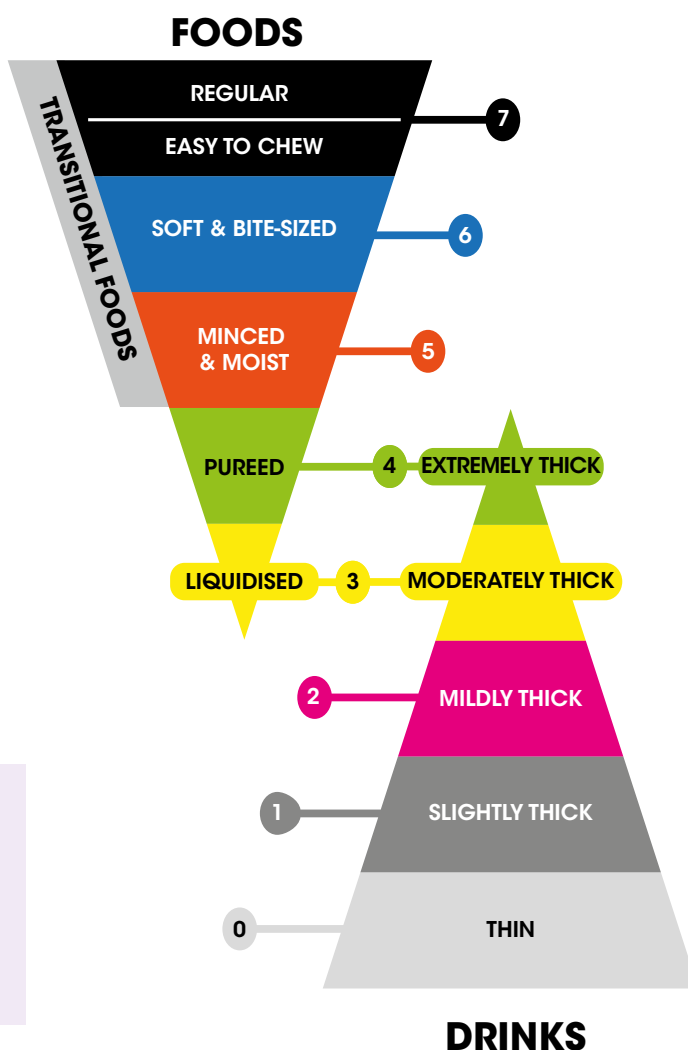
If you have any problems with swallowing, ask your GP or wider health and social care team for a referral to a dietitian, and a speech and language therapist.

Consistencies for food and drinks

For swallowing difficulties, healthcare professionals may refer to consistency levels to describe the texture of foods and drinks. These are based on the IDDSI professional framework (shown below). In full, this means the International Dysphagia Diet Standardisation Initiative.

Drinks are measured from levels 0 – 4 and foods from levels 3 – 7. Our recipes can be adapted as needed. Your speech and language therapist, or dietitian, can assess the level you need.

The IDDSI framework



Quantity conversion tables

We have included metric measures in our recipes, but here's a handy conversion table in case you need it.

Weights for dry ingredients

Metric	Imperial
7g	¼ oz
15g	½ oz
20g	¾ oz
25g	1 oz
40g	1½oz
50g	2oz
60g	2½oz
75g	3oz
100g	3½oz
250g	9oz
500g	1lb 2oz
1kg	2¼lb
1.5kg	3lb 6oz

Liquid measures

Metric	Imperial
25ml	1fl oz
50ml	2fl oz
75ml	3fl oz
100ml	3½fl oz
250ml	8fl oz
600ml	1 pint
1 litre	1¾ pints
1.5 litres	2¾ pints



See also the contents page at the beginning of this guide, for sections to help you find information about:

- how to use thickeners
- adapting your diet for MND
- adding calories by fortifying foods with fats, oils or nutritional supplements
- cooking techniques, such as blending, piping and using food moulds
- making the most of eating out at restaurants or family gatherings.



"Fruit smoothies are lovely when blended with cream or ice-cream. This fortifies, but also helps with swallowing. Naturally thick juices can be useful, too, like tomato juice."

Nina, speech and language therapist

DRINKS & SMOOTHIES



This section includes:

- ✓ Smoothies (using fruit and vegetables)
- ✓ Frappuccino
- ✓ Vodka jelly
- ✓ Choc mint cooler





Smoothies

Smoothies are drinks made from blending fruits and vegetables. Using raw fruit and vegetables enables extraction of vitamins and minerals without cooking. The consistency is usually thick as a result, but you can add thickener if needed. Smoothies are usually ideal for a purée diet, if made to the consistency recommended by your speech and language therapist.

The following suggestions can get you started, but you may find other flavours that suit you. Lots of smoothie ideas can be found in other recipe books and on the internet. Add cream, ice cream or powdered milk to fortify, as appropriate.



Method

Simply blend each set of ingredients and drink.





Melon delight



Ingredients

- ¼ glass apple juice
- ¼ glass water
- 150g melon, peeled and cubed
- Brown sugar or honey to taste
- Pinch ground ginger (optional)

Banana flip



Ingredients

- 1 banana
- 1 organic egg
- 300ml milk
- 2 tsp malt extract
- 2 tsp honey
- Pinch nutmeg (sprinkle on drink after blending)

Creamy fruit cocktail



Ingredients

- 1 glass chilled fruit juice
- 150g cottage cheese
- Sugar or honey to taste

Fruit and veg boost



Ingredients

- 1 orange, peeled and roughly chopped
- 1 large carrot, peeled and roughly chopped
- 2 sticks celery
- 50g mango, peeled and roughly chopped
- 200ml water

Green glory



Ingredients

- 1 banana
- 150g green grapes
- 1 tub full-fat vanilla yoghurt
- ½ apple, cored and chopped
- 50g fresh spinach leaves

Fruit ice crush



Ingredients

- 1 227g small tin canned peaches (or other canned fruit)
- 150ml peach juice from the tin
- 1 cup crushed ice



Frappuccino

You can make your own version of this popular drink at home. Sweet and satisfying.



Ingredients

- ½ cup brewed espresso or coffee (or 1 tbsp instant coffee)
- 1 tbsp sugar
- 2-3 scoops vanilla ice cream



Method

1. Brew the coffee (or use the powdered instant coffee)
2. Blend ingredients and drink.



Preparation time:

5 minutes



Serves:

1-2





Vodka jelly

If you enjoy an alcoholic drink, but find thin liquid difficult to swallow, this is a delicious way to sample vodka. It's important to get the measurements correct or the jelly may not set.



TOP TIP

Vodka jelly is often made in shot glasses and 'sucked' out of the glass. This may cause problems if you have swallowing difficulties, as it can cause coughing. Using a rubber ice cube tray makes it easier to pop the jellies out first, then eat at your leisure.



Ingredients

- 250ml vodka
- 150ml boiling water
- 200ml cold water
- 135g pack fruit jelly



Preparation time:

5 minutes, plus
overnight chilling



Serves:

4



Method

1. Cut up the jelly and dissolve in the boiling water.
2. Add the cold water (the mix needs to be cooler before adding the vodka).
3. Add the vodka to make up 600ml.
4. Pour into ice cube trays.
5. Leave in the fridge overnight to set, then turn out into a dish.



Choc mint cooler

One for lovers of after dinner mints.



Ingredients

- 300ml milk
- 25g plain chocolate
- ¼ tsp peppermint essence
- 2 scoops vanilla ice-cream
- 2 tbsp hot water



Preparation time:

5 minutes



Serves:

4



Method

1. Blend chocolate and hot water.
2. Add remaining ingredients and blend again.
3. Serve immediately, sprinkled with a little drinking chocolate if you like (this may not be suitable if powder makes you cough).

DRINKS &
SMOOTHIES





"Biscuits, crisps and cake are common snacks, but often difficult to chew and swallow, as they are dry and crumbly. Avoiding snacks like these may contribute to weight loss, so the suggested snacks here are useful, and easier to eat"

Nina Squires, speech and language therapist

"Breakfasts can be tricky, but porridge and soft fruits have worked really well for us so far. Some of the tropical fruits are quite soft, not just bananas, but things like papaya, too."

Geoff, carer

QUICK SNACKS

This section includes:

- ✓ Houmous (or hummus)
- ✓ Potato cakes
- ✓ Egg and salmon scramble
- ✓ Creamy polenta
- ✓ Tzatziki
- ✓ Guacamole
- ✓ Egg mayonnaise
- ✓ More quick snack ideas



Houmous (or hummus)

This is easy to make, a great source of vegetable protein and you can add all sorts of flavours for variation. Try adding mint. Another tasty tip is to serve houmous with finely chopped cooked beetroot and a little crumbled feta cheese.

TOP TIP

You can make houmous as smooth as you need. Be careful when it's homemade though - it will go off much sooner than the shop-bought variety.



Ingredients

- 200g tin chickpeas
- 2 tbsp lemon juice
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- Salt
- 100ml tahini (sesame seed paste) optional
- 4 tbsp water
- 2 tbsp extra virgin olive oil
- 1 tsp paprika



Method

1. Drain the chickpeas and rinse.
2. Blend the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water to a creamy purée.
3. You can add more lemon juice, garlic, cumin or salt to taste, as wished.
4. Sprinkle with paprika or add other flavours as required.



Preparation time:

Less than 10 minutes



Serves:

2 - 4





Potato cakes

This is a great way of using up left over mashed potato from a previous meal. It may not suit if you need a puréed diet, but is ideal if you can eat soft foods.



Ingredients

- A small saucepan full of mashed potato
- 1 egg, beaten
- A little flour to stiffen if needed
- Pinch of mixed or finely chopped herbs (optional)
- Salt and pepper

 **Preparation time:**
10 minutes

 **Serves:**
2 - 4

Method

1. Mix all ingredients together.
2. Shape into flat cakes about ½ inch or just over 1 cm thick.
3. Grill or griddle until lightly browned either side (the potato cakes should be cooked through, but avoid creating a crisp coating if you can in case this is difficult to swallow).
4. Serve hot with a topping of your choice, such as cottage cheese, or just with butter.



Egg and salmon scramble

★ Featured recipe from **Nina Squires** ★

Nina is a speech and language therapist, who has worked in the NHS for 16 years and currently works in the Long Term Conditions team at Queen's Medical Centre, Nottingham within the Nottinghamshire Healthcare NHS Foundation Trust.

Having gained her BSc (hons) in Speech and Language Pathology and Therapeutics, from the University of Central England, she went on to get her masters in Palliative care, from Nottingham University.

As a member of the multidisciplinary team for the MND care centre in Nottingham for 12 years, Nina has published multiple papers on swallowing difficulties and saliva management. She is now working on a voice banking project, to help people with MND record their own voices for future use in communication aids.

Nina has also presented at the National MND Conference and in her spare time, volunteers as secretary within the Nottinghamshire Healthcare NHS Foundation Trust.



"This guide is a practical and useful resource about eating and drinking with MND. The recipes are also good - and fun too."

Nina Squires, speech and language therapist



QUICK
SNACKS

Egg and salmon scramble

"Sometimes the flavour of smoked salmon is just so tempting. It's moist and easy to swallow in smaller pieces and with creamy scrambled egg, feels like a treat."

Nina Squires, speech and language therapist

If you need a very soft or purée diet, try blending the salmon with a little crème fraîche and serve on the side. You may also find it easier to swallow egg that has been scrambled very lightly (so still moist) and leave out the chopped tomato.



Ingredients

- 1 egg
- 1 tbsp milk (full fat)
- 15g of butter
- 1 tbsp of cheddar cheese, grated
- 1 tomato, skinned, deseeded and chopped (optional)
- Smoked salmon in small strips
- Tomato sauce



Method

1. Beat the egg with the milk.
2. Melt the butter over a low heat, then add the egg mixture.
3. Cook slowly, stirring all the time.
4. When the mixture has thickened and looks soft and creamy, add the cheese and the chopped tomato.
5. Serve immediately with small strips of smoked salmon and a dash of tomato sauce.



Preparation time:

5 minutes



Cooking time:

5 minutes



Serves:

1





Creamy polenta

This makes a great alternative to potato or rice. A quick high calorie filler that can be eaten on its own or add a savoury topping of your choice. Why not try some of the quick snack ideas in this section with polenta?



Ingredients

- 750 ml full-fat milk
- 1 small clove of garlic, lightly crushed and intact
- 1 small bay leaf
- Salt and white pepper
- A pinch of nutmeg
- 75g quick-cook polenta
- 100ml double cream or heavy cream, or crème fraîche
- 75g freshly grated Parmesan or Grana Padano cheese



Method

1. Bring the milk to the boil and then add in the garlic, bay leaf, salt and pepper and nutmeg. Simmer for five minutes.
2. Remove the bay leaf and garlic.
3. Slowly whisk in the polenta in a steady stream and keeping whisking all the time to avoid lumps forming.
4. Cook on a low heat for 10 minutes, but stir constantly as it will stick very easily. It can also spit when boiling, so be careful not to let the heat get too fierce.
5. Add in the cream and cheese, cooking for a further 2-3 minutes, and serve.



Preparation time:

Less than 5 minutes



Cooking time:

18 minutes



Serves:

2 - 4

QUICK
SNACKS

Tzatziki

This Greek dip is usually made with cucumber that has been chopped, but works just as well if the cucumber and herbs are blended. You can reduce the amount of garlic if wished for a milder flavour. This makes an ideal accompaniment to curried dishes, but can also be used as a refreshing snack. If you find bread or pitta bread difficult to eat, try tzatziki as a different flavour on soft mashed potato.

TOP
TIP

If you don't have any fresh mint, you can use ready-made mint sauce instead.



Ingredients

- 1 large pot of full-fat Greek yoghurt
- ½ cucumber, peeled and chopped
- 3 cloves of garlic, crushed
- 1 tbsp chopped mint
- Salt and pepper



Preparation time:

5 minutes



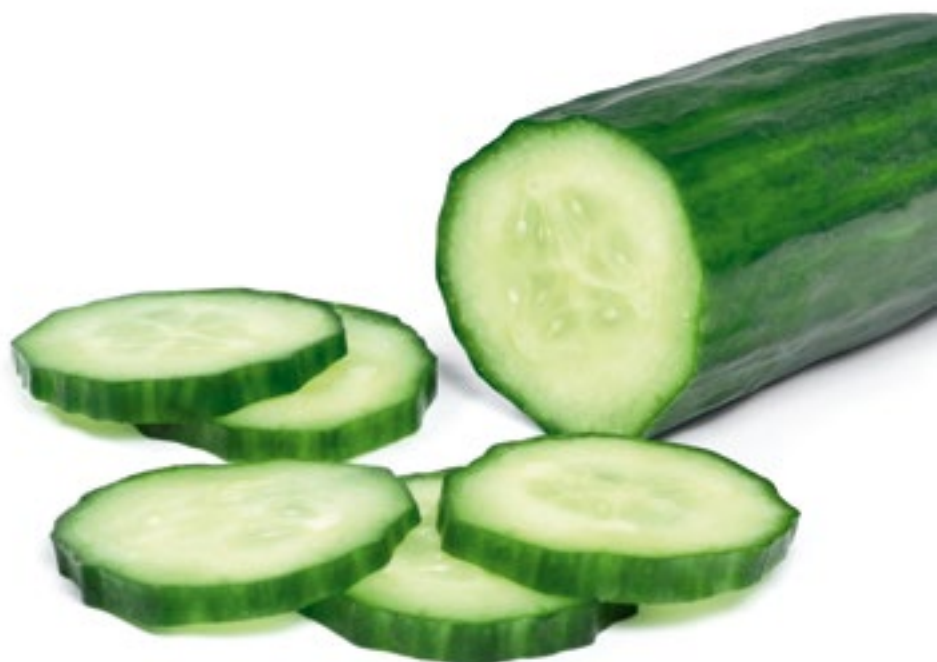
Serves:

2 - 4



Method

1. Blend all the ingredients, except for the yoghurt. Add a little water if needed to help the mix blend well.
2. Stir the mix into the yoghurt and serve.





Guacamole

This popular avocado dish is easy to make, needs no cooking and is full of flavour. The use of lemon or lime juice helps prevent the avocado from turning brown.

TOP
TIP

Avocado is also a great source of healthy fats.



Ingredients

- 1 large avocado
- 1 small onion
- 2 large tomatoes
- 1 clove garlic
- 1 tbsp lemon or lime juice
- 2 tbsp olive oil
- Tabasco sauce
- Salt and pepper to taste



Method

1. Peel and chop the onion.
2. Peel the avocado.
3. Skin, core and de-pip the tomatoes.
4. Crush the garlic.
5. Blend all the ingredients and chill.



Preparation time:

10-15 minutes, plus time to chill



Serves:

1 - 2

QUICK
SNACKS

Egg mayonnaise

An old favourite
and very comforting.



Ingredients

- 8 eggs
- 8 tbsp mayonnaise
- 1 tsp mustard
- Salt and pepper
- ¼ tsp paprika (optional)



Preparation time:

5-10 minutes



Cooking time:

5 minutes



Serves:

4 - 6



Method

1. Place the eggs in a saucepan and cover with cold water.
2. Bring water to the boil and simmer for 5 minutes.
3. Remove from hot water, cool, peel and chop.
4. Place the chopped eggs in a bowl, and stir in the mayonnaise and mustard.
5. Season with salt, pepper and paprika.
6. Usually served on soft bread, but if you find this difficult to swallow, egg mayonnaise tastes great as a topping on a fork-mashed baked potato.



More quick snack ideas

The following don't need detailed recipes – just a little time in the kitchen and enjoy.



Black olive tapenade

Just blend de-pipped olives, garlic and oil. Simple and tasty for people who used to enjoy olives, but now find them difficult to manage.

Cheesy eggs

Grate cheese onto a plate, top with slices of hard-boiled egg and add a good dollop of smooth guacamole (see guacamole recipe earlier in this quick snacks section). A quick squeeze of lemon juice works well with this and adds more moisture.

Crushed strawberries

Take soft ripe strawberries and crush with a fork, then rub through a sieve or aluminium strainer. Sweeten with icing sugar. Use with a dollop of soft ice-cream or serve with thick cream. Also a nice way to brighten up porridge or custard.

Pea souper

Blend a tin of mushy peas with a little chicken stock and seasoning, then heat up for a really quick soup.



Fishcake pâté

Blend a cooked fishcake with crème fraîche into a smooth paste. Great served on a finely chopped salad, depending on your swallowing needs.

Smoked salmon mousse

Blend smoked salmon with crème fraîche for an instant mousse. Tinned tuna works well, too.

Tuna dip

Drain some tinned tuna and blend with mayonnaise, tomato ketchup, and either a splash of lemon juice or cider vinegar. If too runny, add fresh breadcrumbs or mashed potato (this can help if you find the mix too rich).

Sandwiches

With swallowing difficulties, most people get to a point where eating a sandwich becomes difficult – mainly because bread crumbs can cause coughing, or you find the dough gets sticky and won't move easily in the mouth. Cutting bread into small squares can help, as a bite-shaped piece can lodge in the roof of the mouth. However, bread is much easier to eat if it's moistened. Use a little stock or thin soup, but not too much – the bread needs to soak up all the fluid. Then top the bread with an easy-swallow filling to enjoy the flavour of a sandwich. See some of the ideas above for fillings. You may need to use cutlery, rather than picking up the sandwich.





"I tried liver and offal when I was young and hated it. I won't touch it now, even though it's full of iron and goodness. Stubborn, that's me."

Brian, living with MND

"But it's offally good for you."

Geoff, carer

"Groan..."

Brian, living with MND



MEAT DISHES



This section includes:

- ✓ Quick chicken and mushroom purée
- ✓ Meat and potato cake
- ✓ London Particular (pea and ham)
- ✓ Moussaka
- ✓ Swiss braised lamb
- ✓ Quick chicken soufflé
- ✓ Steak purée
- ✓ Corned beef hash



Quick chicken and mushroom purée

A quick and tasty way to use up cooked chicken, perhaps from a roast. Served with creamy mashed potatoes, it makes a lovely meal.



Ingredients

- A portion of cooked chicken, chopped
- 75g mushrooms
- 300g tin condensed mushroom soup
- Butter, oil or margarine (as preferred)



Method

1. Slice and fry the mushrooms in butter, oil or margarine.
2. Blend the mushrooms, chicken and tinned soup.
3. Heat in a pan before serving.



Preparation time:

5 minutes



Cooking time:

5-10 minutes



Serves:

1





Meat and potato cake

A layered dish that can be easily adapted to different swallowing needs.



Ingredients

- 400g meat, minced
- 800g potatoes, peeled and thinly sliced
- 200g onions, sliced
- 400g tin chopped tomatoes or tomato passata
- 1 egg
- 150ml milk
- 15g butter
- 15g plain flour
- 25g grated cheese
- Chopped parsley
- Salt and pepper



Preparation time:

15 minutes



Cooking time:

1 hour 25 minutes



Serves:

2 - 4



Method

1. Place the meat, onions and parsley in a pan with $\frac{1}{2}$ cup of water. Simmer until all the water is absorbed.
2. Add the butter and continue cooking gently, then add the chopped tomatoes and season with salt and pepper to taste. Cook for 20 minutes until the meat and onions are tender.
3. Grease a cake tin and arrange a layer of potatoes at the bottom. Cover with a layer of the meat mix, then potatoes again and so on, finishing with a layer of potato.
4. Gently melt the butter in a pan, then mix in the flour. Gradually whisk in the milk and keep whisking until the sauce thickens. Continue stirring the white sauce for another couple of minutes.
5. Remove the sauce from the heat and beat in the egg and cheese. Pour over the top layer of potatoes.
6. Bake for about 1 hour in a moderate oven (180° C, 160° C fan oven, gas mark 4).
7. Serve with a vegetable side dish.

If you need the whole dish to be smoother, blend the meat mix and add to the bottom of the baking dish. Then add a layer of mashed potato on top and pour over the sauce.



London Particular

★ Featured recipe from **Dan Doherty** ★

As Group Executive Chef of London's first 24/7 gourmet dining restaurant, Duck & Waffle, since 2012, Daniel Doherty brings a rich and colourful past to the restaurant, and a rare zeal and vivacity manifested in the energy of his team and the flavours of his menu, which pays homage to classic British cookery. Challenging the way people think about food, he explains that as a chef, "there is no greater feeling than to watch someone eat and see a smile come across their face as they have this 'aha moment.' That's what cooking is all about."

Dan is the founder of Chefs of Tomorrow, an initiative to showcase and develop the talent of aspiring young chefs in the UK.

Doherty's first cookbook, *Duck & Waffle: Recipes and Stories*, was released in the Autumn of 2014 where this recipe was taken from and he has just published his second recipe book *Toast, Hash, Roast, Mash*, to critical acclaim. With Doherty at the helm at Duck & Waffle, the unparalleled view of London from the 40th floor has been a mere afterthought to the cuisine.



Recipe taken from *Duck & Waffle: Recipes and stories* by Daniel Doherty, Photography by Anders Schønnemann, Published by Mitchell Beazley, www.octopusbooks.co.uk

"I am delighted to contribute to the MND Association's Eating & Drinking Guide and to share with you my recipe for London Particular - one of my favourite dishes from my first book Duck & Waffle: recipes and stories. The slow cooking of this dish results in bags of flavour from the ham hock - I promise it's worth the wait! You can either garnish the soup at the end with the suggested accompaniments, or just whiz them all up into the soup if you have particular trouble with swallowing - it'll still taste delicious. Enjoy!"

Dan Doherty

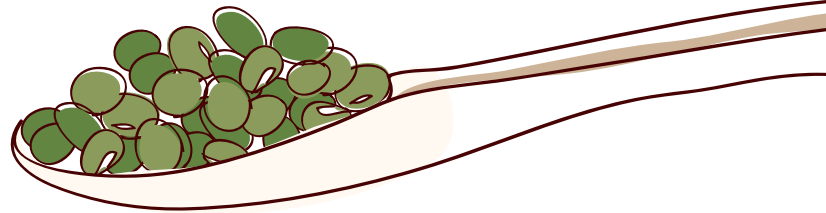




London Particular

"Back in the days when everyone had fires roaring in the winter, and the mist and fog of the Thames Valley combined with the smoke, the result was often referred to as a pea souper, which later became London Particular. Nowadays, the idiom is reversed and we call pea and ham soup 'London Particular'. Peas and ham, ham and eggs - both present themselves as obvious garnishes, so we use both for this winter warmer'. Please feel free to omit the ham hock garnish as appropriate for your swallowing needs. You could even add the shredded ham to the soup before blitzing."

Dan Doherty



Ingredients

- **500g dried split peas**
(follow packet instructions for soaking)
- **1 smoked ham hock**
- **1 onion, peeled and left whole**
- **2 sticks of celery, chopped**
- **1 bay leaf**
- **1 sprig of fresh thyme**
- **Sea salt and freshly ground black pepper**
- **Vegetable oil, for frying**
- **8 poached eggs**
- **Plain flour, for dusting**
- **2 handfuls of pea shoots**
- **6 fresh mint leaves, finely sliced**



Preparation time:

30 minutes, plus cooling



Cooking time:

4 hours



Serves:

8



Method

1. Put the split peas, ham hock, onion, celery, bay leaf and thyme into a large saucepan and add water to cover. Bring to the boil, then lower the heat and cook for approximately 3½ hours, skimming regularly, until the meat comes away from the bone of the ham hock. The peas may catch on the bottom, so stir frequently and top up with water as necessary. The final consistency should be that of a thick soup.
2. Remove the ham hock and allow to cool. In the meantime, remove the bay leaf and thyme and discard, then blitz the soup in a food processor until smooth. Season if needed. When the ham hock is cool, take the meat off the bone and flake it into small strands. Pat dry with kitchen paper.
3. Heat the oil to 180°C in a deep-fat fryer or in a heavy-based saucepan.
4. Bring a saucepan of water to the boil. Poach your eggs traditionally in the water. Meanwhile, gently reheat your soup.
5. *If using* - Dust a handful of the ham flakes with flour and fry until crisp (this should only take 2 minutes), then drain and set aside for garnishing.
6. Put some of the flaked ham in the bottom of each serving bowl, about a tablespoon per person. Fill the bowl with soup, put an egg on top and season with salt and pepper. Garnish with the pea shoots, finely sliced mint leaves and the crispy ham.

Depending on your swallowing needs, you can add the shredded ham when blending the soup and omit the crispy ham and garnish.



Moussaka

A popular dish, with flavours from Greece and the Middle East. It takes a little time, but you can batch cook and freeze extra portions.



Ingredients

- 400g minced beef or lamb
- 2 aubergines
- 2 large onions, sliced
- 2 eggs
- 1 garlic clove, crushed
- 3-4 tbsp olive oil
- 1 400g tin chopped tomatoes
- 150ml of tomato purée
- A generous splash of white or red wine
- 150ml cream
- A handful of fresh oregano, chopped
- A handful of fresh parsley, chopped
- ½ tsp ground cinnamon
- 25g parmesan cheese, finely grated
- Salt and pepper



Preparation time:

15-20 minutes



Cooking time:

1 hour 50 minutes



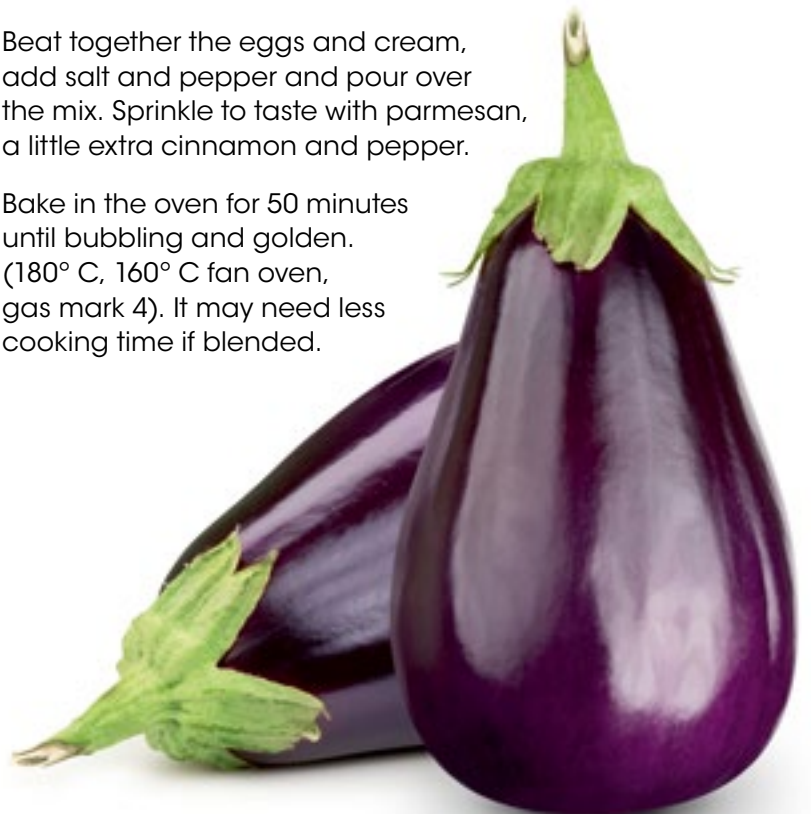
Serves:

2 - 4



Method

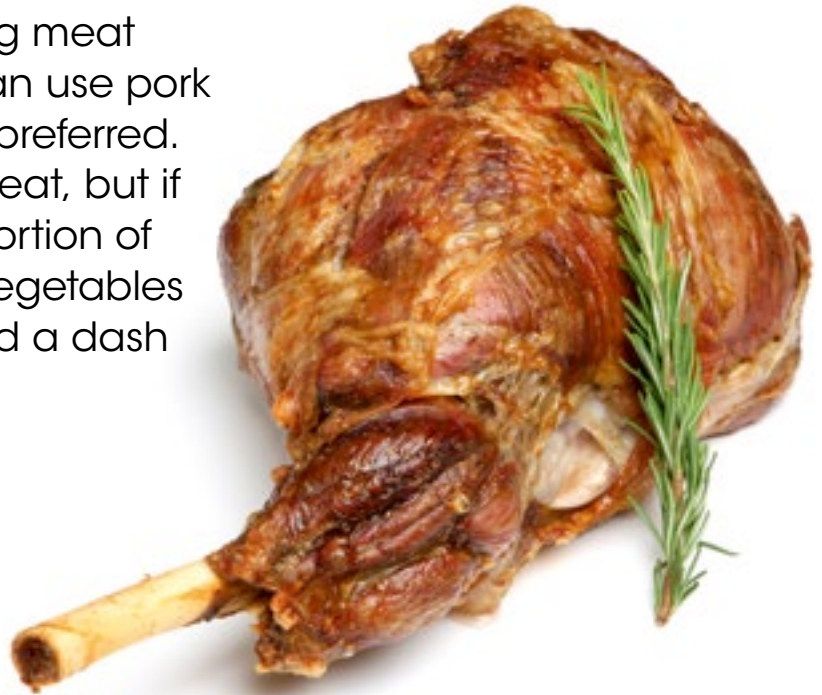
1. Fry the onions until golden and set aside.
2. Brown the meat, then add the wine (or a little stock). Stir until most of the liquid evaporates and add the fried onion.
3. Stir in the cinnamon, garlic, chopped tomatoes, tomato purée and 1 tbsp water. Season with salt and pepper, then add the oregano and parsley. Cover and simmer gently for 50 minutes, stirring occasionally.
4. While the meat is cooking, slice the aubergines (and peel if easier to swallow) then fry in oil until lightly browned. Arrange in an ovenproof dish.
5. Layer the cooked meat mix on the aubergines. If needed, blend the meat mix and aubergines separately, and then layer.
6. Beat together the eggs and cream, add salt and pepper and pour over the mix. Sprinkle to taste with parmesan, a little extra cinnamon and pepper.
7. Bake in the oven for 50 minutes until bubbling and golden. (180° C, 160° C fan oven, gas mark 4). It may need less cooking time if blended.





Swiss braised lamb

This is a great way of cooking meat until it is really tender. You can use pork or poultry instead of lamb if preferred. It may be tender enough to eat, but if needed, you can blend a portion of the meat with some of the vegetables and juices. You can also add a dash of cream to fortify.



Ingredients

- 800g thickly cut leg of lamb
- 400g potatoes, chopped
- 200g carrots, chopped
- 1 small celeriac, chopped
- 1-2 onions, chopped
- 1 clove garlic
- 1 glass of white wine (or stock)
- Vegetable oil
- Salt and pepper



Preparation time:

20-30 minutes



Cooking time:

1 hour 50 minutes



Serves:

2 - 4



Method

1. It may help to beat the meat before cooking, to help tenderise. Place in a plastic bag or cover with a clean cloth and use a rolling pin.
2. Rub the meat with salt and pepper and fry in the oil in a flameproof casserole dish until browned on all sides.
3. Add the white wine (or stock) and place the vegetables around the meat.
4. Cover with a well-fitting lid and braise for 1½ hours in a fairly hot oven. (200° C, 180° C fan oven, gas mark 6).



Quick chicken soufflé

A lovely light meal, but if you want something more filling, try serving this soufflé with soft potato and wilted creamed spinach. You can try other varieties of condensed soup, if smooth. You can also add grated cheese.



Ingredients

- 1 400g tin of condensed smooth chicken soup
- 6 eggs, separated



Preparation time:

10 minutes



Cooking time:

30 minutes



Serves:

4



Method

1. Heat the soup in a pan, stirring constantly, then remove from heat.
2. Beat the egg yolks until thick and lemon coloured and stir into the soup.
3. Beat the egg whites until stiff, then gently fold the soup mix into the egg whites.
4. Pour into a casserole dish and bake for 30 minutes in a fairly hot oven. (200° C, 180° C fan oven, gas mark 6).





Steak purée

If you love steak but find it difficult to eat, it is possible to blend to a purée. However, you do need a good cut of tender steak or it may still be a little stringy when blended.



Ingredients

- 1 portion of fillet or tender sirloin steak
- Seasoning to taste



Preparation time:

Less than 10 minutes



Cooking time:

Up to 10 minutes



Serves:

1



Method

1. Cook the steak as preferred, but for blending medium may work better than rare or too well-done.
2. Cut into small pieces.
3. Place the steak pieces with the pan juices into the blender. Use a little extra stock or water if needed to help the meat purée. You can also add a sauce to help this blend easily, such as mushroom.
4. Reheat if necessary.
5. Serve with puréed vegetables, mashed potato and a thick gravy.



Corned beef hash

★ Featured recipe from **Janette and Brian** ★

Brian and Janette are husband and wife, and have now retired. Janette's career in administration and accounts led to her becoming a company secretary, with responsibility for the organisation's financial accounts. Brian was trained in mechanical engineering and became multi-skilled, including work in heavy engineering in Corby's steel industry. When Brian was diagnosed with MND in August 2015, he and his wife Janette brought forward their planned retirement by a few months. They wanted to make the most of their time together and enjoy travelling, being outdoors, reading, doing crosswords and meeting up with friends. They also enjoy eating out and were keen to help with this guide.



"Luckily Brian hasn't experienced swallowing problems yet, but his mobility has already changed how we live. We believe in being prepared, so wanted to be informed about eating and drinking with MND. A good blender will be a valuable investment - as it means you can still share the same meals, but in different consistencies. No need to cook separate meals then. I also want to experiment with food moulds for shaping, too, as these can make blended food look more appetising and can be done in batches to save time. Piping and shaping would work well with this recipe."

Janette, carer

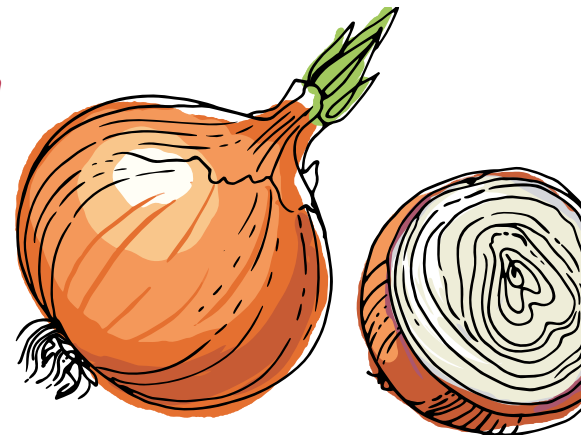


Corned beef hash

This economical but delicious dish is an old family favourite and ticks the box as satisfying 'comfort food'. Ideal for ease of eating, but blend if needed. Some people like adding baked beans into the mix, which can add more moisture and may work better than the potatoes for blending.

"We do a lot of dishes like chilli and bolognese which I can continue to eat if I get any difficulties, as they can be blended. I might have to be a bit more sparing with the chilli mind, as I do like it hot! This corned beef hash recipe is also a lovely recipe and easy to eat."

Brian, living with MND



Ingredients

- 340g tin corned beef
- 3 tbsp Worcestershire sauce
- 2 tsp American or Dijon mustard
- 1 large onion, finely sliced or chopped
- 600g potatoes, chopped into small cubes
- 2 tbsp olive oil or vegetable oil
- salt and ground black pepper
- 200g tin baked beans (optional)



Preparation time:

15 minutes



Cooking time:

15 minutes




Serves:

4



Method

1. Cut the corned beef into 1cm pieces or break up for a rustic look.
2. Combine the Worcestershire sauce and mustard in a cup and pour over the corned beef, stir to combine. Set this aside for later.
3. Place the potatoes in a pan and cover with boiling water from a kettle. Simmer for 8 minutes.
4. Drain the softened potatoes and set aside.
5. Fry the onions in oil until a light golden brown.
6. Add the drained potatoes and mix with the onions, adding more oil if necessary. Add salt and pepper to taste.
7. Keep turning the mix to stop it sticking and creating a crust. After about two minutes, add the marinated corned beef mix and turn until it heats through (about 3 minutes). You may wish to add a little liquid for moisture, such as stock, especially if blending.
8. Serve with green vegetables or vegetable purée.



"Sometimes speed is important. Tinned tuna with crème fraîche may work without blending if mixed well, but can be puréed if needed. Makes for a speedy addition to puréed vegetables for a meal."

Helena, carer

FISH DISHES



This section includes:

- ✓ Fish pie
- ✓ Steamed fish, Puy lentils and salsa verde
- ✓ Smoked mackerel pâté



Fish pie

★ Featured recipe from **Chris and Geoff** ★

Chris is living with MND and her husband Geoff is her main carer, who looks after most of the household routines now. Chris used to work in health and social care and still enjoys voluntary work with the MND Association, including editing her local branch newsletter. Before he retired, Geoff was a telecoms engineer, and enjoyed his time working and living abroad, with the family. Chris and Geoff often both appear at events to help raise awareness about MND and kindly contributed to this guide, which they feel will be a much used resource. This is their chosen recipe.



"We have a wonderful friend who loves cooking and sometimes brings meals round. My favourite is her fish pie. I hope you enjoy this too."

Chris, living with MND

"We've had to change the way we do things for Chris's diet, but we keep things simple as I'm still getting used to being the cook! Having the occasional meal delivered by a friend is so welcome."

Geoff, carer



Fish pie

A traditional family favourite, but soft fish is also easy to swallow, especially with the sauce. Lovely served with peas that have been puréed with mint, butter and a little cream.



Ingredients

- 600g cod fillet (or a mix of cod, salmon and smoked haddock)
- 50g shelled prawns
- 2 hard boiled eggs, sliced
- 150ml white sauce (or crème fraîche)
- 300g potatoes, peeled and chopped
- Grated cheese



Preparation time:

25 minutes



Cooking time:

Under 1 hour



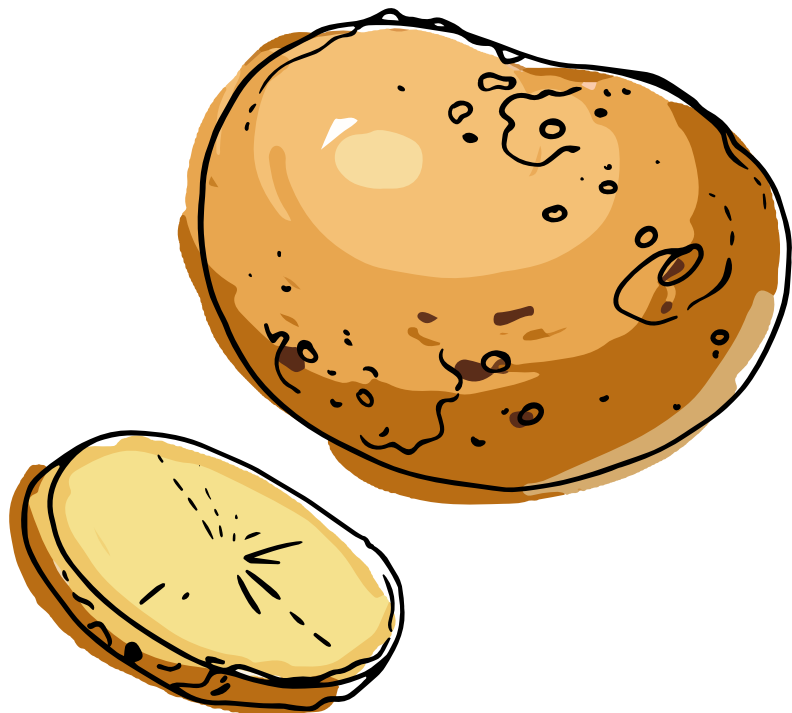
Serves:

2 - 4



Method

1. Cook the cod or fish (can be poached in milk or lightly fried with shallots and capers for extra flavour).
2. Flake the fish into a casserole dish, taking care to remove any bones and the skin.
3. Add the prawns and sliced egg, then cover with the sauce or crème fraîche. You can blend these ingredients if required, but you may need to add more sauce, crème fraîche or a little milk.
4. Boil the potatoes until soft, then mash. You can add butter and milk when mashing to soften and add richness.
5. Add the potato as the top layer to the dish and sprinkle with the grated cheese.
6. Cook in a fairly hot oven (200° C, 180° C fan oven, gas mark 6) for 35 minutes.





Steamed fish, Puy lentils and salsa verde

Ideal for a special occasion, this surprisingly easy and quick recipe looks and tastes like a restaurant dish. It needs a range of ingredients, but not a lot of preparation. If you want a more filling dish, serve with soft or mashed potato.

Puy lentils are key to the flavour, but you can prepare them the night before. This usually means washing and draining them, then simmering in water for about 20 minutes. Adding a bay leaf and some finely chopped onion adds to the flavour.



Ingredients

- 4 x 150g firm, white fish fillets (such as cod or haddock)
- 200g Puy lentils, washed and drained (or 400g ready-to-use Puy lentils)



For the salsa

- 2 anchovy fillets (optional)
- 1 tbsp extra virgin olive oil
- 1 bunch of flat-leaf parsley (about 40g)
- 6 basil leaves
- 20 mint leaves
- 1 small garlic clove, peeled
- 1 tbsp capers, rinsed and drained
- ½ tbsp Dijon mustard
- ½ tbsp fresh lemon juice
- 1 gherkin
- 3 tbsp extra virgin olive oil
- Salt and pepper



Some supermarkets now provide ready-to-use Puy lentils in packets, which saves time and fuss.



Preparation time:

10 minutes (if cooking the lentils from dry, add 20 minutes)



Cooking time:

5 – 10 minutes



Serves:

4



Method

1. Add the pre-cooked lentils to a pan and season with salt and pepper. For easier swallowing, mash the lentils. Add the olive oil, cover and heat gently.
2. Blend all the salsa ingredients (chop if necessary).
3. Ensure the fish is bone free and steam for five minutes. If you don't have a steamer, pour hot water in a large frying pan to surround an upside down, flat-bottomed ramekin (or similar heat-proof small dish). Place the fish on a plate, and rest the plate on the dish. Cover and steam for five minutes. Alternately, poach the fish in a little water.
4. The fish should be very tender and soft, but purée if needed – it works well with a splash of lemon juice or vegetable stock.
5. Layer a portion of lentils on each serving plate, top with a piece of fish and drizzle over some of the salsa.



Smoked mackerel pâté



Smoked mackerel has an intense, satisfying flavour. It's also an oily fish, with a high calorie content from healthy fats.



Ingredients

- 250g soft cream cheese
- 175g smoked mackerel, skinned, boned and flaked
- 1-2 tsp horseradish sauce
- 2 tsp lemon juice



Method

1. Blend all of the ingredients.
2. Transfer to a serving dish and chill if time allows.
3. Serve with soft bread or strips of soft pitta bread. If you find it difficult to eat this way, try it mixed with the contents of a fork-mashed baked potato.



Preparation time:

5 minutes



Cooking time:

Chilling time only, if required



Serves:

4



Quick seafood chowder

A no fuss way to enjoy a delicious chowder, with all the work already done. This recipe uses pre-packaged mussels in garlic, as available from most supermarkets.



Ingredients

- A bag of mussels in garlic butter
- Crumpets
- A dash of cream



Preparation time:

15 minutes



Cooking time:

5 minutes



Serves:

1-2



Method

1. Cook the mussels according to the instructions on the packaging.
2. Remove the mussels from their shells (discard any that haven't opened).
3. Warm a crumpet in a toaster and break into small pieces.
4. Place the mussels in a blender with some of the garlic butter from the juices. Add the pieces of crumpet and a dash of cream if you want to fortify.
5. Blend until smooth and serve.





If following a vegan diet: Our vegetarian recipes do not contain meat, but you may see dairy products which are animal-based. These include butter, cream and eggs, which are helpful ways to add calories if you need to fortify your diet.

You can substitute these ingredients if you follow a vegan diet. Most supermarkets now stock a variety of alternative dairy options. You can also find a wealth of ideas online – search on your internet browser for *vegan substitutes*.

If you have any worries about sourcing foods, following recipes or how to fortify meals as a vegan, ask your dietitian for guidance.

“Boiled carrot and swede mashed together with butter is delicious, whether you require a mashed diet or not!”

Nina, speech and language therapist

VEG DISHES



This section includes:

- ✓ Vegetable cottage pie
- ✓ Provençal bean stew
- ✓ Frittata
- ✓ Lentil and mushroom gratin
- ✓ Almond and garlic party soup
- ✓ Ratatouille
- ✓ Pumpkin special
- ✓ Leek and potato soup
- ✓ Vegetable curry
- ✓ Ital carrot and sweet potato soup



Vegetable cottage pie

★ Featured recipe from **Dimple Thakrar** ★

Dimple is a registered dietitian and NLP practitioner (NLP means neuro-linguistic programming, which is an alternative therapy. The aim is to train the brain to respond in different ways). In her 21 years with the NHS, she spent 15 of those working in the community with families affected by MND. Her approach is to a) understand how food fits into life, and b) look at the way things we eat and drink affect how we live. Dimple now runs her own dietetic consultancy practice called Fresh Nutrition in Bolton, which includes appearances at national conferences and on media, such as BBC Breakfast TV.



"With the right guidance, support and knowledge, food can still be uplifting with complex conditions like MND. It has been an honour and a privilege to help people with MND achieve good nutrition and hydration. This can be so empowering. It's great when you see progress, by helping someone to halt their weight loss or increase energy levels."

Dimple Thakrar

VEG
DISHES

Vegetable cottage pie

Dimple's recipe is ideal for cooking in larger amounts to freeze and save.

"The right nutritional advice can help ease you through tough days, but it's also important for both the person with MND and carers to have fun with food where they can. Serving food in layers can look really appealing. It isn't as time consuming as you may think when you cook in batches."

Dimple Thakrar



Ingredients

- 1 medium white onion, chopped
- 1 large carrot, chopped
- 1 celery stick, chopped
- 1 clove of garlic, chopped or crushed
- 100ml olive or rapeseed oil
- Large bunch of parsley
- 400g tin of brown lentils
- 400g tin of baked beans in tomato sauce
- 1 tsp ground coriander
- 1 small 200g carton of tomato passata
- 1 vegetable stock cube
- 1 tsp balsamic vinegar
- 600g potatoes, peeled and cubed
- 50g butter or margarine
- Large pot of double cream
- 150g full fat cheddar cheese, grated
- Thickener (if needed)



Method

1. Fry the onions lightly in the oil, then add the carrots, celery, garlic, coriander and tomato passata. Bring up to heat and add the stock cube with enough water to just cover the vegetables. Simmer for 40 minutes until the vegetables soften.
2. Boil and simmer the potatoes in a separate pan until soft. Then drain and mash the potatoes with the butter and cream, until smooth. If very thick, add some milk to loosen the mix and help you mash. Place to one side.
3. Stir in the chopped parsley and balsamic vinegar to the vegetable mix, then the tinned lentils and baked beans. Simmer again for a few minutes. Season with salt and pepper to taste.
4. Transfer the vegetable mix to an ovenproof dish. This may be tender enough to eat, but you can fork mash or blend at this point if needed (add a little thickener if required).
5. Cover the vegetable mix with the mash - piping can make it look appealing.
6. Sprinkle the grated cheese on top and reheat under a grill. Be careful not to allow it to get crisp on top, as this may be difficult to swallow.
7. Serve immediately or allow to cool and freeze in separate portions.



Preparation time:

30 minutes



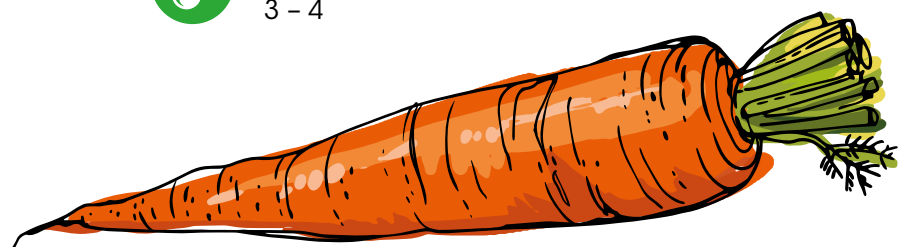
Cooking time:

45 minutes, plus 5-10 minutes reheating time



Serves:

3 - 4





Provençal bean stew



A hearty traditional French recipe, using pulses instead of meat. You can use dried haricot beans, but these need to be soaked overnight, then boiled rapidly for 10 minutes and simmered for 1¼ hours (the following is the quick version!).



Ingredients

- 400g tin of haricot beans (plain, rather than in sauce)
- 2 onions, sliced
- 1 red pepper, de-seeded and sliced
- 2 cloves garlic, crushed
- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- 1 tsp chopped or dried marjoram
- 1 bouquet garni or 1 tsp mixed herbs
- 2 tbsp olive oil
- Up to half a pint of vegetable stock
- Salt and pepper



Method

1. Fry the onions until soft.
2. Add the tinned tomatoes with their juice, plus the other ingredients and a little additional stock.
3. Simmer until all the ingredients are soft and tender.
4. The stew may be easy enough to eat once cooked, but if you find the beans too husky, mash or blend until smooth.



Preparation time:

10 minutes



Cooking time:

30-40 minutes



Serves:

1 - 2

VEG
DISHES

Frittata

This is a great way of using up left over potatoes. Depending on your swallowing needs, use potatoes that are well-cooked and soft, and cut up into smaller pieces or even fork-mash if this helps.



Ingredients

- 4 medium sized boiled potatoes, thinly sliced
- 1 garlic clove, finely chopped
- 8 eggs, lightly beaten
- 1 tbsp olive oil
- 100g pack soft rindless goat's cheese, chopped or sliced
- 3 tbsp pesto (tomato and basil flavour works well)
- Salt and pepper



Preparation time:

5 minutes



Cooking time:

20 minutes



Serves:

2 - 4



Method

1. Pre-heat oven (220° C, 200° C fan oven, gas mark 7).
2. Mix the garlic and eggs together, with salt and pepper to season.
3. Chop the boiled potatoes and stir into the egg.
4. Heat the oil in an ovenproof frying pan, then tip in the egg and potato mixture.
5. Cook over a low heat for 5 minutes on the hob, or until two-thirds of the frittata is set.
6. Then place in the heated oven for 10-15 minutes, until cooked through.
7. Arrange the goat's cheese round the edge of the frittata and drizzle with the pesto.





Lentil and mushroom gratin

This tasty savoury dish may be easy to swallow as cooked, but it can be blended if needed.

TOP
TIP

Reduce the cooking time by using tinned instead of dry lentils.



Ingredients for lentil layer:

- 1 onion, chopped
- 1 carrot, chopped
- 2 sticks of celery, chopped
- 2 cloves garlic, crushed
- 200g red lentils, dry (or 1 small tin)
- 2 tbsp soy sauce
- 2 tbsp oil
- 600ml stock
- Salt and pepper



Ingredients for mushroom layer:

- 200g sliced mushrooms
- 1 tbsp chopped parsley
- 25g butter
- 75g grated cheese (for final topping)



VEG
DISHES**Preparation time:**

15 minutes

**Cooking time:**

1 hour 10 minutes

**Serves:**

1 - 2

**Method**

1. Fry the onions, carrot and celery until soft.
2. Add the remaining ingredients for the lentil layer – if using tinned lentils, you only need a small amount of stock to create a little liquid around the ingredients.
3. Simmer until all the ingredients are soft and tender – if using dry lentils, this may take up to 50 minutes to allow them to absorb the stock.
4. Blend or fork mash the lentil and vegetable mix if necessary, but this may be tender enough.
5. Fry the mushrooms in the butter for 2 minutes.
6. Add the parsley, salt and pepper. Again, blend if necessary. Add a dash of cream if wished, to fortify.
7. Place half the lentil mix in a shallow oven-proof dish.
8. Spread the mushroom mix over the top, then add the rest of the lentil mix as a third layer.
9. Sprinkle with the grated cheese and heat in the oven for 20 minutes (190° C, 170° C fan oven, gas mark 5).



Almond and garlic party soup

★ Featured recipe from **Prue Leith** ★

Prue Leith CBE, is a restaurateur, caterer, television presenter, journalist, cookery writer and novelist. She was co-founder of the prestigious Leith's School of Food and Wine and most recently she has appeared as a judge on the BBC's Great British Menu.



"This soup is simple enough to make, but can be elevated to elegant dinner-party status with the garnishes. Nothing is compulsory, and indeed garnishes aren't necessary - especially if you have swallowing difficulties where you may need to avoid these. But if you have company, they make the soup look really pretty and dinner-party-ish, and taste great. I use the lot."

Prue Leith

VEG
DISHES

Almond and garlic party soup

Prue Leith's recipe for a smooth velvety soup can be enjoyed on its own if you have swallowing difficulties or complemented with garnish for sharing.

"Serve the soup hot or cold, with each place setting decorated with the garnishes. I do it cold for dinner parties because you can keep the soup in a big jug or two-litre plastic milk bottle in the fridge, with the chilled soup plates. Just before serving, put them round the dining table, then someone can go round with a tray of all the garnishes in egg cups or ramekins, dropping a pinch or two on each plate."

Prue Leith



For the soup

- 125g ground almonds
- 500ml almond milk
- 500ml good strong stock
- 1 small cauliflower
- 1 medium onion, sliced
- 1 large whole head garlic
- Salt
- Olive oil
- Almond essence (if needed)
- Salt and pepper



For the top

- Small rose petals, fresh or dried, and or, marigold petals
- Coriander seeds, roasted or dry fried
- Fresh coriander leaves
- Coarsely ground black pepper
- Z'atar
- Dried sumac
- Finely grated orange rind
- Halved green grapes or, better still, fresh watermelon scooped into small balls



Method

1. Bake the whole head of garlic in the oven until soft or cook in the microwave until squashy.
2. Cool a little then cut the root end off and squeeze all the soft garlic paste out of it.
3. Sweat the onion until soft but not browned, in a couple of spoons of olive oil.
4. Then add the cauliflower, broken up, the ground almonds, the almond milk and stock, the garlic paste and a pinch of salt.
5. Put on a lid and cook slowly until the cauliflower is soft. Then liquidise to a velvet smooth soup.
6. Add salt and pepper to taste and if you cannot taste enough almonds, add a few drops of almond essence.



Preparation time:

Less than 30 minutes



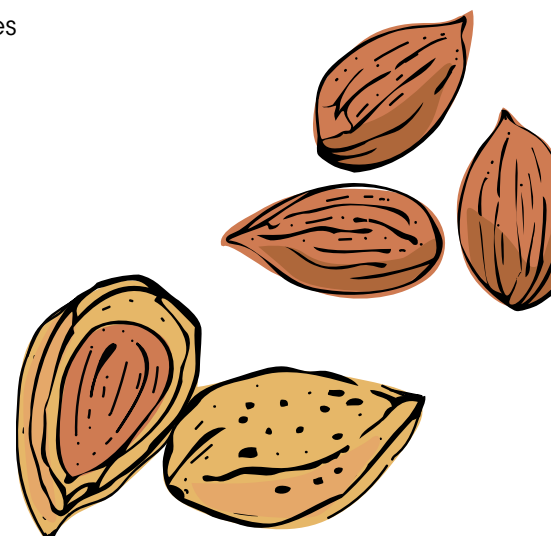
Cooking time:

About 30 minutes



Serves:

4 - 6





Ratatouille



This Mediterranean-style vegetable stew is packed full of tangy flavours. Add a dollop of full fat plain yoghurt, double cream or crème fraîche to fortify.

TOP
TIP

Ratatouille blends well and makes a lovely sauce. If cooked well, it can mash too.



Ingredients

- 1-2 onions, chopped
- 2 courgettes, sliced
- 1 pepper, chopped
- 1 aubergine
- 1 tbsp oil
- 400g tin tomatoes
- Salt and pepper



Preparation time:

35 minutes



Cooking time:

30 - 40 minutes



Serves:

2 - 4



Method

1. Peel the aubergine and cut into slices. Put salt onto the slices and leave for 30 minutes to draw out any bitterness, then rinse and dry on kitchen paper.
2. Cut the aubergine into inch size pieces, then heat the oil and fry the aubergine until tender. Remove from pan.
3. Cook the peppers, courgettes and tinned tomatoes in the pan.
4. Replace the aubergines and add salt and pepper to the mix.
5. The dish can be finished in the microwave to heat through, or the oven.
6. Once cooked, the vegetables can be cut smaller for ease of swallowing or the mix can be blended.



Pumpkin special

A lovely seasonal soup.
Add butter or double
cream to fortify.



Ingredients

- Approximately 800g of pumpkin flesh
- 1 carton of orange juice
- 2 tbsp finely chopped ginger
- Salt and pepper

Method

1. Skin the pumpkin and chop the flesh into small pieces.
2. Bring to the boil in a pan with the orange juice and ginger. Simmer for half an hour or until soft.
3. Allow to cool and blend.
4. Add salt and pepper to taste and reheat gently.

 **Preparation time:**
10 minutes

 **Cooking time:**
45 minutes

 **Serves:**
4



Leek and potato soup

A comforting, traditional favourite. Can be served on its own or, depending on your swallowing needs, with soft, buttered, cheesy garlic bread, cut into cubes.



Ingredients

- 450g potatoes, diced
- 750ml vegetable stock
- 750ml milk
- 4 medium leeks, trimmed, cleaned and sliced
- 150ml crème fraîche
- Freshly ground pepper
- 45ml snipped fresh chives to garnish (optional)



Preparation time:

10 minutes



Cooking time:

25 - 30 minutes



Serves:

4 - 6



Method

1. Put the potatoes, stock and milk into a saucepan and bring to the boil. Reduce the heat and simmer until tender.
2. Stir in the leeks and season with pepper. Simmer until the vegetables are soft, stirring occasionally.
3. Purée the soup in a blender (you will probably need to do this in batches). If you prefer a very smooth soup, pass it through a coarse sieve after blending.
4. If the soup is too thick, thin with a little hot milk.
5. Once all the soup is blended, place back in saucepan on a gentle heat and warm through thoroughly, stirring in the crème fraîche.
6. Serve once hot, ladling into bowls and garnish with a swirl of crème fraîche. Sprinkle the snipped chives on top (unless these are likely to cause swallowing difficulties).



Vegetable curry

Sometimes a little curry heat is just what's needed, but you can reduce the amount of chilli if it tends to make you cough. You can vary this recipe with different vegetables. If rice is too bitty, try serving with soft mashed potato. If you want to fortify, try adding full-fat yoghurt.

Ingredients

- 1 onion, chopped
- 1 green chilli, finely chopped
- 2 potatoes, diced
- 2 carrots, sliced
- 200g cauliflower florets
- 150g okra
- 250g tinned tomatoes
- 2 tbsp oil
- 150ml water
- 2 cloves garlic, crushed
- 2 tbsp root ginger, finely chopped
- 2 tbsp fresh coriander, chopped
- 2 tbsp ground coriander
- 2 tbsp ground cumin
- Salt and pepper

 **Preparation time:**
15 - 20 minutes

 **Cooking time:**
25 minutes

 **Serves:**
2

Method

1. Fry the onion in the oil until soft.
2. Add the ground coriander, cumin, garlic and ginger and continue to fry for 1 minute, stirring constantly.
3. Add the remaining vegetables and water, and stir to mix the sauce.
4. Season with salt and pepper to taste.
5. Cover the pan with a lid and simmer for 20 minutes.
6. When the vegetables are tender, stir in the fresh coriander.
7. Fork mash or blend if required and serve.





Ital carrot and sweet potato soup

★ Featured recipe from **Levi Roots** ★

Levi is a chef, author, TV personality, radio presenter, restaurateur and reggae musician. Levi shot to fame in 2006 after appearing on the BBC's entrepreneur programme *Dragon's Den* where his (now legendary) 'Reggae Reggae Sauce' was snapped up by investors and quickly became a national favourite. Since then the brand has grown further in popularity and been extended across a vast range of additional products. Levi recently opened his first restaurant – Levi Roots' Caribbean Smokehouse – in Westfield Stratford City, London.



VEG
DISHES

Ital carrot and sweet potato soup

"I'm really pleased to be able to share one of my tasty, flavour packed soups with you - it's bursting with Caribbean soul and depth (watch out for the kick!). The soup can be mashed to a purée consistency, or blended up to make it easier to swallow, whichever suits your needs best. I hope that you, your friends and your family will all enjoy this dish equally and you can all share this hearty spicy deliciousness together. This is definitely sunshine food for the soul - enjoy!"

Levi Roots



For the soup

- 1 litre fresh carrot juice
- 2 leeks, trimmed, chopped
- 2 sweet potatoes, peeled, cut into 2cm pieces (can be bought ready prepared from most supermarkets)
- 400g tin chickpeas, drained and rinsed
- 4cm piece coconut, creamed (or 1 tbsp ready-creamed coconut)
- 1 Scotch bonnet chilli, chopped (remove the heat-giving seeds if desired)
- 2cm piece fresh root ginger, peeled, finely chopped
- 1 garlic clove, finely chopped
- 2 sprigs fresh thyme, leaves only, finely chopped
- large handful callaloo leaves or spinach leaves, washed, shredded (optional)
- knob of butter
- freshly ground black pepper



To serve

- 4 tsp soured cream or Greek-style yogurt
- 1 tbsp chopped fresh coriander leaves



Method

1. Bring the carrot juice to the boil in a pan.
2. Add the leeks, sweet potatoes, chickpeas, creamed coconut, chilli, ginger, garlic and thyme and reduce the heat to a simmer. Simmer the mixture for 4-5 minutes.
3. Add the shredded callaloo or spinach, if using, to the mixture and continue to simmer for a further 4-5 minutes, or until the sweet potato pieces are tender.
4. Once the vegetables are tender, the soup can be served straightaway. However, if you prefer a thick, chunky soup, mash the vegetables in the soup lightly using a potato masher. If you prefer a smooth soup, blend the mixture in a food processor until smooth. (NB: You may need to add extra carrot juice to the soup if mashing or blending it as it will thicken considerably).
5. Add the butter to the soup and stir until melted, then season, to taste, with freshly ground black pepper.
6. To serve, ladle the carrot and sweet potato soup into four serving bowls. Garnish each serving with a drizzle of soured cream or a teaspoonful of Greek-style yoghurt, then sprinkle over the fresh coriander.



Preparation time:

Less than 30 minutes



Cooking time:

10 to 30 minutes



Serves:

4 - 6





"Cooking nostalgic flavours is fun. Black forest trifle for a touch of the 70's made my husband smile! There are also lots of ready-made desserts, which are easy to swallow and save you time, such as smooth yoghurts, tinned milk puddings and even tiramisu, which melts in the mouth."

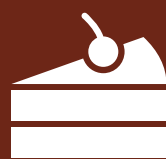
Helena, carer

"Most desserts can be served with whipped doubled cream to fortify and help with ease of swallowing. Tastes great too."

Dimple Thakrar, dietitian



DESSERTS



This section includes:

- ✓ Summer pudding
- ✓ Lemon syllabub
- ✓ Irish cream bread and butter pudding
- ✓ Gooseberry fool
- ✓ New York lemon cheesecake
- ✓ Tapioca sponge pudding
- ✓ Chocolate semolina
- ✓ Smooth apple crumble
- ✓ Raspberry or fruit mousse
- ✓ Tiramisu coffee
- ✓ Fruit purées



Summer pudding

The bread in this dish soaks up the fruit juice in the purée, making it easy and sweet to eat.



Ingredients

- 2 apples
- 525g blackberries
- 50g sugar
- Stale white bread, thinly sliced
- 300ml water
- 300ml juice



Preparation time:

20 minutes, then sets overnight



Cooking time:

10-15 minutes



Serves:

2-4



Method

1. Peel, core and thinly slice the apples, and wash the blackberries.
2. Boil the fruit rapidly in the water for 10 minutes, until very soft. Some people use arrowroot or another thickener at this stage, but the bread in this recipe usually absorbs the moisture and sets as a pudding without.
3. Strain the mixture and keep the juice to one side. Rub the fruit through a metal strainer, then add half the juice and add sugar to suit taste.
4. Cut off the crusts from the thinly sliced bread. Cover the bottom of a bowl with a layer of the bread and spoon in enough of the purée to cover.
5. Continue adding layers of bread and purée. The bread should be well soaked with the purée. Lay a small plate on top with a weight on top (you can use a bag of sugar). Leave overnight in the fridge. The pudding can be turned out onto a plate for serving.
6. The remaining juice can be reduced to make a sauce, or you can add arrowroot or another thickener if required. You can serve the pudding with the sauce, or add cream, ice-cream or custard.



Lemon syllabub

If citrus flavours tempt you, this may do the trick and the sherry adds a punch.



Ingredients

- 100g caster sugar
- 1 lemon
- 100mm sherry
- 300ml double cream



Preparation time:

10 minutes, but best if chilled overnight



Serves:

2



Method

1. Wash the lemon and grate half of the rind into a mixing bowl.
2. Squeeze and strain the juice of the lemon into the bowl (remove any pips).
3. Mix in the sugar and sherry.
4. When the sugar is dissolved, add the cream and whisk until thick.
5. You can serve immediately, but best made the day before and kept in the fridge.



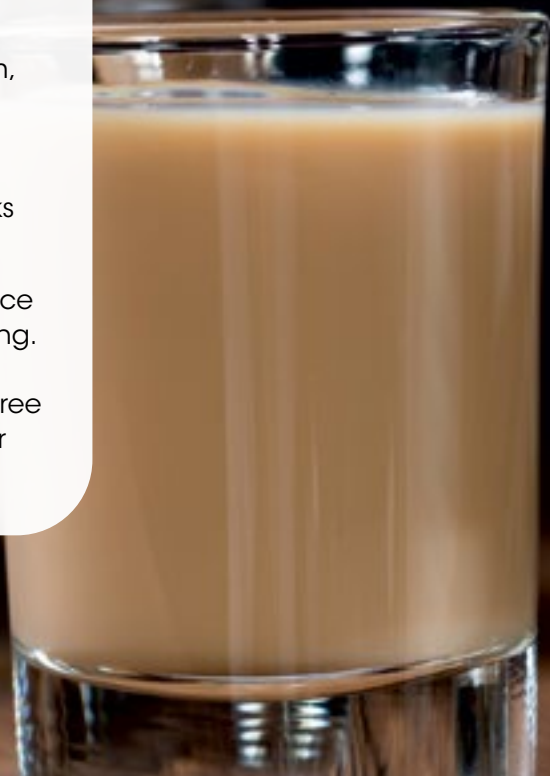
Irish cream bread and butter pudding

★ Featured recipe from **Karen Robinson** ★

Karen qualified as a dietitian in 1997. Despite being newly qualified, she gained neuro experience and quickly became responsible for the Neurology ward, Neuro-Rehab Centre and part of the MND team, at Pinderfields Hospital, Wakefield.

Experience in intensive care and palliative care roles followed, but in 2000 Karen joined the Rehabilitation Medicine Service, covering North and North East Lincolnshire. This community based, but consultant led, multi-disciplinary team, specialises in neurological diseases and motor neurone disease. Karen is now a member of the Neuro-sciences group committee, a specialist group of the British Dietetic Association, and works as a freelance dietitian.

In her spare time, Karen holds a rally driving licence and has won several national awards for co-driving. She also loves to travel and scuba-dive, and recently climbed Mount Kilimanjaro, the highest free standing mountain in the world, raising just under £4000 for the MND Association.



"I love eating and am very enthusiastic about it! I like to pass on ideas and practical tips to help people broaden their tastes and try new things, and am passionate that food should be enjoyed. This is doubly important when every mouthful counts and extra effort is needed to eat. I try to show people that having a swallowing difficulty does not mean you cannot still eat well and love your food - it just means being creative and having fun trying new approaches."

Karen Robinson, dietitian



Irish cream bread and butter pudding

"This bread and butter pudding recipe is one of my favourites - I must admit to having a sweet tooth. It includes a tippie to help stimulate the appetite, as if that were needed with such a lovely pud! The dish doesn't usually need any tinkering with to make it a suitable consistency, as it slides down with ease, tastes great and is easy to make."

Karen Robinson, dietitian



Ingredients

- 75ml Irish cream made up to 425ml with milk
- Dash of vanilla essence
- 3 eggs
- 75g sugar
- 6 slices of thick bread, buttered
- 25g dark chocolate chips
- Nutmeg to taste



Preparation time:

15 minutes



Cooking time:

40 minutes



Serves:

4



Method

1. Preheat oven (180°C, 160° C fan oven, gas mark 4).
2. Heat the milk, Irish cream and vanilla essence until almost boiling. For an extra rich version, you can substitute some of the milk for cream, but be careful not to overheat.
3. In a large bowl, beat the eggs, then mix in the sugar (amount can be reduced if required). Pour in the hot milk mixture and stir well.
4. Arrange half the bread (crusts can be removed if required) in a greased, oven-proof dish and sprinkle with the chocolate chips.
5. Pour up to half of the milk mixture over the bread.
6. Layer the remaining bread and pour over the remaining milk mixture. Ensure all the bread is well soaked, as this will ensure it remains soft and moist when cooked.
7. Sprinkle with nutmeg and bake for 35-40mins, or until set (test by inserting a knife - it should come out clean if set).
8. Best served whilst hot and with ice-cream or custard.



Gooseberry fool

This is a really simple way of adding flavour to a custard dessert.

TOP
TIP

If you don't want to make custard use a ready-made version instead.



Ingredients

- 200g gooseberries
- 600ml whole milk (for the custard)
- Custard powder
- Sugar



Preparation time:

20 minutes



Serves:

2 - 4



Method

1. Cook the gooseberries in a pan with plenty of sugar.
2. Make a pint of custard following the instructions on the packet, or use ready-made.
3. Stir the gooseberries into the custard and blend.
4. Serve immediately or chill if preferred.





New York lemon cheesecake

This is an American style baked cheesecake, but without the crumbly biscuit base (which is not so easy to swallow). Try with different toppings if preferred.



Ingredients

- 4 standard packs of cream cheese (approximately 200g each)
- 2 eggs, beaten
- 150g sugar
- 60ml lemon juice



Topping

- 1 tbsp sugar
- 1 tbsp grated lemon rind
- 225ml sour cream



Preparation time:

15 - 20 minutes



Cooking time:

30 minutes, plus 5 hours to chill



Serves:

4 - 6



Method

1. Combine the lemon juice and cream cheese and cream together.
2. Add the beaten eggs and sugar. Beat until fluffy.
3. Bake for 15 to 20 minutes (170° C, 150° C fan oven, gas mark 3).
4. Remove from oven and allow to cool for at least 5 minutes, but leave the oven on.
5. Mix together the ingredients for the topping and spread over the cheesecake.
6. Return to oven and bake for another 10 minutes.
7. Chill for at least 5 hours before serving.



Tapioca sponge pudding

This creates a soft sponge pudding, without using any flour.



Ingredients

- 25g seed pearl tapioca (dry)
- 25g caster sugar
- 1 egg, separated
- 450ml whole milk
- Pinch of salt
- Flavouring of choice, eg vanilla essence



Preparation time:

30 minutes



Cooking time:

30 minutes



Serves:

2 - 4



Method

1. Wash the tapioca and soak in a little water for 30 minutes.
2. Drain the tapioca and add to a pan with the salt and milk.
3. Bring to the boil, simmer and stir occasionally until cooked.
4. Allow to cool a little, then add the sugar, egg yolk and flavouring.
5. Whip the egg white stiffly and fold gently into the mixture.
6. Tip into a greased pie dish and bake for 20 minutes. (190o C, 170o C fan oven, gas mark 5).



Chocolate semolina

Sometimes, only chocolate pudding will do.



Ingredients

- 35g fine semolina or ground rice (dry)
- 600ml whole milk
- 50g sugar
- 50g chocolate
- Vanilla extract



Preparation time:

5 minutes



Cooking time:

10 minutes



Serves:

2 - 4



Method

1. Pour the milk into a pan and stir in the chocolate, until it is melted.
2. Bring to the boil and sprinkle in the semolina.
3. Stir well and cook for 8 minutes.
4. Add the sugar and a couple of drops of vanilla essence.
5. For extra flavour, serve with a swirl of chocolate sauce.





Smooth apple crumble

★ Featured recipe from Ian and Margaret ★

Margaret, living with MND, is a farmer's daughter, who trained as a shorthand typist. She spent most of her working life as a school secretary and greatly enjoyed her career. Her husband Ian is her main carer. He trained in agriculture and managed a farm until he reached 27 years of age. He then switched careers and joined the Warwickshire Fire Service. Both Margaret and Ian enjoy getting out and about - visiting places, friends and family as much as they can. Even though Margaret uses thickeners now, they still enjoy a wide variety of food and drink, and kindly contributed to the development of this guide.



"As well as the recipe we've suggested here, we cook a lot of stews and casseroles. I enjoy these too and they are full of nutrition. We cook and then freeze extra portions for another time. The joy with a good stew is that you can slow cook until meat is very tender - or blend if needed. But of course, after a good stew, you still need that dish of sweet apple crumble to finish!"

Ian, carer



Smooth apple crumble

"I really love apple crumble, which I can still manage to eat with lots of custard. But if crumble tends to make you cough, the following version is an easy-swallow twist. I hope this helps you enjoy the flavours. You can also add cream to fortify, when cooking the porridge (which tastes lovely too)."

Margaret, living with MND

This recipe uses fresh apple, which is then blended and baked. If you wish, you can stew the apple first with a little sugar and water to soften. Or substitute fresh apple with a tin of precooked apple pie filling (if sweet enough you may not need to add honey or maple syrup). Tinned apple pie filling can also be easily blended to make it smooth – just add cinnamon for that extra kick of flavour.



Ingredients

- 1 large apple, cored, peeled and cut into small chunks
- ¼ - ½ tsp honey (or pure maple syrup if preferred)
- Cinnamon
- ½ tsp water
- ½ serving porridge oats, cooked as instructed, and cooled
- Soft brown sugar



Preparation time:

15 - 20 minutes



Cooking time:

10 minutes



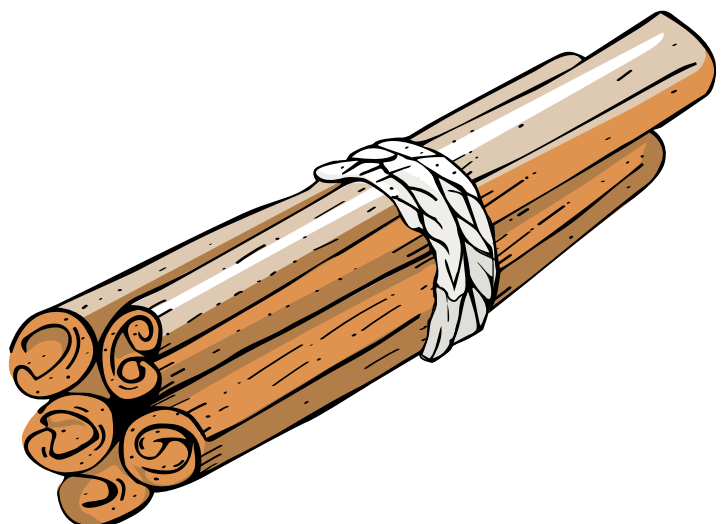
Serves:

4



Method

1. Preheat oven (180° C, 160° C fan oven, gas mark 4).
2. Blend the apple chunks with the honey or maple syrup, cinnamon and water, until smooth. Scrape down the sides of the blender if needed, then blend again to ensure the mix is entirely smooth.
3. Place the apple mix into a ramekin or oven-proof small dish.
4. Top with 2-3 tbsp of the porridge.
5. Sprinkle lightly with more cinnamon and brown sugar, which should melt into the porridge when baked.
6. Bake for 8-10 minutes, but not for too long in case it forms a crust.





Raspberry or fruit mousse



This is particularly good with fresh raspberries, which can be sourced through most supermarkets in season. This recipe also works well with other fruits and different flavoured jellies.



Ingredients

- 170g tin evaporated milk
- 1 packet of raspberry jelly
- A portion of fresh raspberries (or a tin of raspberries)



Preparation time:

10 minutes



Cooking time:

10 minutes



Serves:

2



Method

1. Chill the tin of evaporated milk, then whip until standing in peaks.
2. Make the jelly using fruit juice from the tin and water to make up to 300ml. If using fresh raspberries, cook in a little water first, then strain the juice and use in the jelly instead of the tinned juices.
3. Cool the jelly and whip into the milk.
4. Blend or crush the raspberries, then sieve to remove the pips.
5. Fold the fruit pulp into the jelly mix.
6. Leave in the fridge until set.



Tiramisu coffee

So simple, so quick and so delicious. Add a little coffee liqueur if it takes your fancy.

TOP TIP

If the sponge is difficult to swallow, use a little extra coffee to soak and soften. You can also try without the sponge (the ice-cream, coffee and milk froth are still lovely on their own). If you prefer, use decaffeinated coffee (caffeine can stimulate the bladder).



Ingredients

- 1 shot of coffee (espresso)
- 1 scoop chocolate ice-cream
- 2 sponge fingers
- Milk, frothed
- Grated chocolate or chocolate powder



Preparation time:

5 - 10 minutes



Serves:

2



Method

1. Place scoop of ice-cream in a tall coffee glass.
2. Place pieces of broken/crushed sponge fingers over the ice-cream.
3. Pour coffee shot over the ice-cream and sponge fingers – if you find thin fluids difficult to swallow, ensure the coffee has been absorbed by the sponge before eating.
4. Spoon milk froth on top, and sprinkle with grated chocolate or powder.





Fruit purées

Almost any fruit can be blended into a purée – these can also be used as sauces for ice-cream. The following examples show approaches for a range of different types of fruit. In each case, use the amount of fruit you wish to eat. This is a great way of getting extra fibre and some dried fruits are a source of iron. Keep drinking enough to stay hydrated and prevent constipation.





Stewed apples

Method

1. Use a cooking apple that's full of flavour, such as Bramley. Peel, core and chop the apple.
2. Place into a pan with just a splash of water and sugar to taste. Add a few sultanas and a little cinnamon if wished.
3. Simmer until the apple has softened, then blend until smooth.

Cream bananas

Method

1. Chop a ripe banana into a dish and add a little cream.
2. Fork mash to the consistency required (blending may not be necessary).
3. Drizzle a little honey or sprinkle some brown sugar for extra sweetness if required.

Apricot purée

Method

1. Soak dried apricots in orange juice overnight.
2. Blend with a little of the juice.
3. Can be warmed through as a hot sauce. (Also freezes well for later use.)

Prune purée

Method

1. Soak dried prunes in hot tea, a dash of lemon juice and some grated lemon peel.
2. Leave overnight, then simmer until soft.
3. Remove any stones and blend. Add a little of the liquid until you get the consistency required.



6: How can the MND Association help me?

We are a charity dedicated to improving the lives of people affected by MND or Kennedy's disease in England, Wales and Northern Ireland. Scotland is supported by a different organisation called MND Scotland.



See Section 7:
Useful organisations
for contact details.

Our overall mission is a world free from MND.

If you would like to find out more about the following services, contact our MND Connect helpline for details.

MND Connect

Our helpline can assist with information, support and signposting to our own or other services.

Telephone: **0808 802 6262**

Email: **mndconnect@mndassociation.org**

Information resources

We provide a wide range of resources for people living with and affected by MND, and for supporting health and social care professionals. Order printed copies of our publications from the MND Connect team (see above) or you can download our information sheets and most of our publications at:

www.mndassociation.org/publications

Online Forum

We host an online forum at

<https://forum.mndassociation.org> which provides a safe place for people with or affected by MND to share experiences, tips and support.

MND Association website

You can find a wealth of information, support and news on our website, at: **www.mndassociation.org**

Local support

Association visitors (AVs):

Where available, Association visitors are volunteers with experience of MND, who provide one-to-one local support to people with or affected by MND. This may be provided by telephone, email or home visit.

Regional staff for local support:

Our regional staff have knowledge about the management and care of people with MND. They work with volunteers and affected families, or help influence local service providers. Their aim is to help ensure care and support is made available at the right time.

Branches and groups:

We have volunteer-led branches and groups nationwide providing local support and practical help to people with MND, their carers and families.

MND care centres and networks:

We part-fund care centres and networks across England, Wales, and Northern Ireland. These offer specialist clinical expertise from diagnosis and co-ordinated care across a range of disciplines. Local neurological services also provide co-ordinated care if you find it difficult to get to a care centre or network.

MND support grants and equipment loan

Where statutory funding or provision has been explored and is not available, we may be able to provide a support grant or equipment loan. Grants may be given to help with aspects of care or quality of life, for people with MND, their carers and younger members of the family. Referrals for support grants or equipment loan need to be made by a relevant health or social care professional.

Telephone: **01604 611802**

Email:

support.services@mndassociation.org

Website:

www.mndassociation.org/getting-support

Communication aids service

This service helps people affected by MND and health and social care professionals with queries about communication aids. It provides limited financial support for communication aids or some items on loan (if unavailable or delayed through health and social care services).

Email:

communicationaids@mndassociation.org

MND Association Benefits Advice Service

Our trained advisers can help you identify benefits you may be able to claim if living with MND or Kennedy's disease. This service is provided by Citizens Advice Cardiff, and the Vale and Advice NI. The service is available by telephone or email for people living in England, Wales or Northern Ireland, and there is also a web chat facility for those living in England or Wales. We may be able to arrange for an interpreter to join your call with an adviser if you struggle with English and have nobody to speak on your behalf.

Telephone:

0808 801 0620 (England and Wales)

0808 802 0020 (Northern Ireland)

Email: through the webpage below

Website:

www.mndassociation.org/benefitsadvice

Membership

Membership with the MND Association is free for people with MND, their spouses, partners and carers. It enables you to join a community of people who all share the same vision of a world free from MND. By becoming a member, you can access various benefits, such as our quarterly magazine, Thumb Print, which features the latest news on care, research, campaigns and fundraising.

Telephone: **01604 611855**

Email: **membership@mndassociation.org**

Support for minority and ethnic groups

We are here for everyone living with or affected by MND or Kennedy's disease in England, Wales and Northern Ireland. We acknowledge that people have differing needs, backgrounds, culture, beliefs and faiths. We support equality in all our services. Please ask the service you are dealing with for help if you have any preferences or needs you wish to be taken into consideration.

Information in other languages

We provide introductory information in additional languages to English, with a limited translation service for further care publications. Contact our MND Connect helpline or ask someone to contact the team on your behalf for appropriate support (see previous heading for the helpline details). Or look on our website:

www.mndassociation.org/languages



7: Useful organisations

We cannot endorse organisations, but the following may help your search for further information. Contact details may change between revisions. Our MND Connect helpline can assist:

Telephone: **0808 802 6262**
Email: **mndconnect@mndassociation.org**

Abbott

A health care company with services that include nutritional supplements, tube feeds and information.

Abbott, Abbott House, Vanwall Business Park, Vanwall Road, Maidenhead SL6 4XE
Telephone: **01628 773355**
Website: **www.abbott.co.uk**

Adult Social Care Services

If you need to arrange a needs assessment for yourself or your carer would like a carer's assessment, contact your local authority in England and Wales. In Northern Ireland, search for health and social care trusts at **www.nidirect.gov.uk**

British Dietetic Association (BDA)

Also known as The Association of UK Dietitians, they provide information on how to find a registered dietitian and food fact sheets. For individual dietary advice, see a dietitian.

BDA, 3rd Floor, Interchange Place, 151-165 Edmund Street, Birmingham B3 2TA
Telephone: **0121 200 8080**
Email: **info@bda.uk.com**
Website: **www.bda.uk.com**

British Red Cross

For a variety of disability living aids and equipment hire.

British Red Cross, 44 Moorfields, London EC2Y 9AL
Telephone: **0344 871 1111**
Email: **contactus@redcross.org.uk**
Website: **www.redcross.org.uk**

DIAL UK

Disability information and advice line services (DIALs) are run by and for disabled people, to support disabled living.

Email: through the website contact page
Website: **www.dialuk.info**

The Disabled Living Foundation

For a wide range of support and aids for disabled people.

Disabled Living Foundation, Unit 1, 34 Chatfield Road, Wandsworth, London SW11 3SE
Telephone: **0300 999 0004**
Email: **enquiries@dlf.org.uk**
Website: **www.dlf.org.uk**

Fresenius Kabi Ltd

A health care company with a specialism in nutrition, including thickeners and tube feeds.

Fresenius Kabi Ltd, Cestrian Court, Eastgate Way, Manor Park, Runcorn, Cheshire WA7 1NT
Telephone: **01928 533533**
Email: through the website contact page
Website: **www.fresenius-kabi.com/gb**

MND Scotland

Support for people affected by MND in Scotland.

MND Scotland, 6 Eagle Street,
Glasgow G4 9XA
Telephone: **0141 332 3903**
Email: info@mndscotland.org.uk
Website: www.mndscotland.org.uk

Nutricia

A health care company that specialises in the delivery of advanced medical nutrition, including supplements and thickeners.

Nutricia Ltd, White Horse Business Park,
Newmarket Avenue, Trowbridge,
Wiltshire BA14 0XQ
Telephone: **01255 751098**
Email: through website contact page
Website: www.nutricia.co.uk

Oakhouse

A company that can home deliver a wide range of easy-swallow and puréed meals.

Oakhouse Foods Ltd,
4a/4b Cornbrash Park, Bumpers Farm,
Chippenham, Wiltshire SN14 6RB
Telephone: **0333 370 6700**
Email: through website contact page
Website: www.oakhousefoods.co.uk

REMAP

A voluntary organisation making bespoke aids for disabled people.

Remap Head Office, D9 Chaucer Business Park,
Kemsing, Sevenoaks, Kent TN15 6YU
Telephone: **01732 760209**
Email: through the website contact page
Website: www.remap.org.uk

Shopmobility

Short term loan and hire of manual or powered wheelchairs and scooters, in many towns and shopping centres.

Telephone: **07541 858162**
Email: shopmobility@bhta.com
Website: <http://nfsuk.org>

Wiltshire Farm Foods

A company that can home deliver a wide range of easy-swallow and puréed meals.

Telephone: **0800 077 3100**
Email: through the website contact page
Website: www.wiltshirefarmfoods.com



References

A list of the evidence used to develop this guide is available on request. Please send your request by email to:

infofeedback@mndassociation.org

Or write to us at:

Francis Crick House (2nd Floor),
6 Summerhouse Road, Moulton Park,
Northampton NN3 6BJ

Acknowledgements

Our thanks to everyone who has contributed to this guide, including those with or affected by MND for their detailed reviews.

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Dimple Thakrar, Specialist Neuro-Dietitian at Fresh Nutrition, Bolton

What do you think?

Let us know what you think of *Eating and drinking with motor neurone disease (MND)*. We'd love to hear what you think we did well and where we can improve the content for people with or affected by MND. Your anonymous comments may also be used to support and influence, as they help us share real MND experience and raise awareness in our resources, campaigns and applications for funding.

Complete the page opposite, tear it out and send to the address shown at the bottom. Or fill in this form online at: www.surveymonkey.co.uk/r/eatingwithMND

1. Which of the following best describes your interest in *Eating and drinking with motor neurone disease (MND)*?

- I'm living with MND
 I'm a carer for someone with MND
 I'm close to someone with MND
 I'm a health and social care professional for people with MND
 Other
 If other, please state:

2. Are the pages clear and easy to read?

- Easy Quite easy Quite difficult Very difficult

3. Is it easy to find your way around the content?

- Easy Quite easy Quite difficult Very difficult

4. Is the printed version of the guide easy to physically handle?

- Easy Quite easy Quite difficult Very difficult

5. Did you find the guide useful?

- Very helpful Useful Basic Unhelpful

6. Do you feel the guide will help to provide you (or the person you are caring for) with any of the following?

- | | |
|---|--|
| <input type="checkbox"/> More confidence in how to manage eating and drinking with swallowing difficulties | <input type="checkbox"/> Increased awareness of how diet and approach can be adapted for MND, if needed |
| <input type="checkbox"/> Greater awareness of how dietitians and speech and language therapists can offer support | <input type="checkbox"/> An improved quality of life through access to relevant information and easy-swallow recipes |

7. Is there anything you would like covered in more detail?

8. Do you have any other comments or suggestions?

Thank you

Please return your completed form to:
 Care information feedback, Francis Crick House (2nd Floor), 6 Summerhouse Road,
 Moulton Park, Northampton NN3 6BJ



Thank you for your feedback. This helps us improve our work and make a difference for people with, or affected by, MND.

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Motor Neurone Disease Association

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