

IDDSI LEVEL 5: MINCED AND MOIST DIET ADVICE

Nutrition and Dietetic Service
Adult Speech and Language Therapy Service

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Information for Patients

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MAIN POINTS

1. You will need to mince or well mash your food before serving
2. It can have some texture but lumps should be no bigger than 4mm
3. You should try to have lots of different foods in your diet
4. Some food textures may not be suitable

INTRODUCTION

If you are having difficulty with biting, chewing or swallowing your food, or coughing during or after eating, you may need a minced and moist diet as advised by a Speech and Language Therapist.

It is important that you keep eating lots of different types of food to make sure you get all the vitamins and minerals that your body needs to stay healthy.

This advice leaflet will give you ideas on what to eat to keep your meals at the correct consistency, as well as advice on how to get the most out of your meal times.

Many people find it difficult to keep their weight steady while eating a minced and moist diet. This information sheet will give you ideas on how to make your meals as nourishing as possible, to stop you losing weight and help you gain weight if you need to.

WHAT IS A MINCED AND MOIST DIET?

A minced and moist diet consists of foods which are very soft and moist that have been minced or mashed before serving (e.g. with a fork), with no big lumps and needs no biting / little chewing.

- For adults, lumps should be no more than 4 mm in size (this is approximately the space between the prongs of a standard fork) and should be easy to squash with the tongue. If meat cannot be finely minced, it should be pureed.
- Mix in extra thick sauce, e.g. cheese sauce, or gravy to make the right consistency. There should be no separate thin liquid.
- It can be eaten with a fork or spoon
- It should hold its shape on a plate.



Intended for general information only

The International Dysphagia Diet Standardisation Initiative 2016 @<https://iddsi.org/framework/>

EXAMPLES OF SUITABLE MINCED AND MOIST FOOD FOODS

- Finely minced meat or chopped to 4mm lump size served with a thick smooth, non-pouring sauce or gravy
- Mashed fish or chopped to 4mm lump size served with a thick smooth, non-pouring sauce
- Mashed fruit or vegetables with any excess fluid drained
- Fully softened smooth cereal with small soft lumps with all excess fluid drained before serving.
- Rice should not be sticky or glutinous (particularly short grain rice) and should not separate into individual grains when cooked and served (particularly long grain rice) but be cooked in thick sauce e.g risotto, rice pudding.
- No **BREAD** unless recommended by your Speech & Language Therapist.

FOOD TEXTURES TO AVOID ON A MINCED AND MOIST DIET

Food characteristic to avoid	Examples of foods to avoid
Mixed thin & thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli),
Tough or fibrous food	Steak, pineapple, celery
Chewy food	Lollies, sweets, cheese chunks, marshmallows, chew-
Crispy food	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn,
Sharp or spiky food	Corn chips, crisps
Crumbly bits	Dry cake crumble, dry biscuits
Pips , seeds	Apple seeds, pumpkin seeds, white of an orange
Foods with skins or outer shell	Peas, grapes, sausage skin, chicken skin, salmon
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butters; overcooked oatmeal / porridge, edible gel-
Stringy food	Beans, rhubarb
'Floppy' foods	Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after eating e.g. cheese topping, mashed potato
'Juicy' food	Where juice separates from the food piece in the
Large or hard lumps of food lumps	Casserole pieces larger than 4mm x 4mm x 15mm; fruit, vegetable, meat or other food pieces larger than 4mm x 4mm x 15mm

Ice cream and jelly may NOT be recommended if you are also having thickened fluids – check with your Speech and Language Therapist

PRACTICAL TIPS

We all must eat and for most of us it is an enjoyable experience, often involving family and friends.

Eating a minced and moist diet will mean a change from your normal routine, but by following these ideas you can still enjoy your food.

1. Have a wide range of foods. This will provide you with lots of different nutrients to keep you healthy and also stop you getting bored.
2. Make the food look appetising. Mince / mash each food separately so it keeps its own colour and flavour.
3. You may find it easier to prepare food in bulk then store in your freezer. Make sure that the food is defrosted thoroughly at room temperature before reheating.
4. Eat in a quiet relaxed atmosphere and take your time. Sit upright during your meal.
5. Finish each mouthful before taking the next. Ensure your mouth is fully cleared at the end of meals. You may need mouth care to achieve this.
6. If you are eating out, let the restaurant know beforehand that you need a special diet and what your requirements are. Most places will be happy to cater for you. If you know you take longer to eat think about ordering a main course and ask for that while everyone else is eating their starter. You may then be ready for dessert at the same time as everyone else.
7. If you are struggling to cook or shop on a regular basis, make use of convenience foods, which require very little preparation, or order in pre-prepared food from delivery companies. (Also see links for these and store cupboard ideas on page 10).
8. If possible, weigh yourself once a week. If you are losing weight or your appetite is poor, please make sure you are following the ideas on page 7.

Your Dietitian or Speech and Language Therapist will be happy to help you, so please contact them if you are worried or have any questions about your diet or swallowing.

PREPARING AND SERVING YOUR FOOD

EQUIPMENT YOU WILL NEED

A hand blender can be used to puree small quantities of food e.g. soups or sauces, otherwise a food processor or liquidiser would be useful to mince/ finely chop meat, fish or fruit. Some foods may not require pureeing or processing beforehand e.g. thick, smooth soup, whereas well cooked vegetables may be mashed with a fork / potato masher.

PRESENTATION

Make your meals look appealing by using foods that are different colours. Foods that are light in colour, such as chicken or fish, are better served with brightly coloured vegetables such as carrots or broccoli.

THICKENING FOODS

Once you have prepared your food to the right texture, you may need to thicken it. You can use things such as mashed potato (must be really smooth, no lumps), corn flour, custard powder, ground rice, jelly crystals / gelatine, instant sauce (smooth, no lumps) or gravy granules, as well as the thickening agent you may be using for your drinks (if recommended by a Speech and Language Therapist).

FLAVOURS

Herbs, spices or lemon juice can help improve the flavour of foods.

BALANCED DIET

You should try to have foods from each different food group everyday:

Protein foods: try to have one of these foods twice per day

- Pureed or finely minced meat or well mashed fish in sauce,
- Lentils, beans, pulses
- Scrambled egg
- Cheese in sauce

Starchy foods: provide energy, have a food from this group at least 3 times per day

- 'Ready Brek', porridge or 'Weetabix' with warm milk
- Mashed potato or pasta, rice with a sauce
- Rice pudding, semolina or custard

Vegetables: which will cook until soft and can be well mashed e.g.

- Carrots
- Turnips
- Cauliflower
- Broccoli
- Parsnip
- Swede

Fruit: try to have 2 portions a day of stewed, mashed or pureed fruit e.g.

- Mango
- Banana
- Apple (without the skin)
- Tinned peaches or pears

Or fruit which can be pureed and sieved if necessary or put in a drink e.g. banana or strawberry milkshake.

Dairy products: provide protein and calcium; try to have the equivalent of at least 1 pint of milk per day

- 1 smooth yogurt (no bits) = $\frac{1}{3}$ of a pint
- 30g/1oz cheese = $\frac{1}{3}$ of a pint
- Use full cream varieties and wherever possible make custard, semolina or rice pudding with full cream milk.

Fatty & sugary foods: add more of these foods if you need to gain weight e.g. butter, margarine, oil, cream or grated cheese, sugar, honey or syrup.

PROBLEMS YOU MAY HAVE

Poor appetite/weight loss

If you have a small appetite or find that you are losing weight you should make your foods more nourishing. There are some ideas below on how to do this.

Practical hints:

1. Try to have small meals/snacks often. Aim for 3 small meals and 2-3 snacks per day i.e. 'little and often'
2. If you are not able to manage a full meal try instead to have a milkshake, soup or pudding to which you have added fortifier e.g. 'Complan'. (These are available from the chemist or supermarket.)
3. Take only sips of drinks with a meal as these can be quite filling. Have additional drinks between meals/snacks.
4. Extra nourishment can be added to your food in different ways, e.g.
 - Use full cream milk to make milk puddings, milky drinks and sauces
 - Add 4 tablespoons of milk powder (e.g. 'Marvel') to 1 pint of full cream milk. Use this in hot drinks, puddings, mashed potato (no lumps) and sauces. Make packet soups with fortified milk or add 2 tablespoons of milk powder to smooth tinned or packet soup.
 - Add grated cheese to vegetables, potato, soups and sauces
 - Add extra butter / margarine / oil to sauces, potatoes, vegetables and pasta
 - Use double cream in soups, sauces, cereals, potatoes and puddings, e.g. custard
 - Add extra sugar, syrup, jam without bits or honey into puddings, drinks or cereals
 - Ensure meals are pureed with nourishing fluids e.g. thick gravy or sauces, not just water
5. If you continue to lose weight then please ring your Dietitian for some more advice.

Note: Remember to thicken all drinks including soup and foods if advised by a Speech & Language Therapist.

MINCED AND MOIST MEAL IDEAS

BREAKFAST

- 'Ready Brek' (not apple), smooth porridge or 'Weetabix' (well soaked with warm full cream milk and sugar – no separate fluid)
- Soft mashed fruit and full fat smooth yogurt e.g. Greek yogurt
- Scrambled egg cooked with milk – very creamy, soft and smooth, no big lumps

BETWEEN MEAL SNACKS

- Milky drink such as 'Ovaltine', 'Horlicks' or 'Complan' or smooth soup NB may need to be thickened, check with your Speech & language Therapist
- Ripe avocado mashed and mixed with Greek yogurt / cream cheese/ mashed banana
- Full fat smooth yogurt, custard pot or soft pudding (see pudding list on next page)

SNACK AND MAIN MEAL IDEAS

- Cream of tomato soup (smooth, no bits)
- Other smooth soups that have been pureed or sieved - should contain meat, fish, lentils or has cheese, cream, soft breadcrumbs added for extra nourishment
- **Note:** soups need to be of a thick consistency or thickened, if necessary, as per the Speech and Language Therapist's recommendations

- Scrambled egg cooked with full cream milk – very creamy, soft, smooth, no lumps
- Hard boiled egg, mashed and mixed with salad cream / mayonnaise to a soft, moist paste
- Smooth pâté
- Cauliflower / broccoli cheese, well cooked and well mashed
- Finely minced, well cooked meat with thick gravy / sauce
- Shepherd's pie /cottage pie
- Corned beef – well mashed
- Quiche – without pastry - mashed
- Salmon /mackerel mousse with mashed avocado
- Tinned fish – mashed and mixed with mayonnaise (e.g. tuna, salmon)
- White fish with thick sauce / fish pie– well mashed
- Thick lentil based dishes (well cooked) such as dhal
- Vegetable / tofu curry or stew – well cooked and mashed

The above could be served with:

- Creamed / mashed or instant mashed potatoes (no lumps)
- Well mashed jacket potato (no skin) with butter
- Well cooked white rice which will need to be finely mashed with sauce or as risotto / with your main dish e.g. curry
- Well cooked pasta finely mashed into smooth or finely minced sauce e.g. cheese or Bolognese / tinned spaghetti or ravioli – mashed with fork

And mashed soft vegetables (without skins) - with butter, gravy or sauce

E.g. well-cooked root vegetables, broccoli tops or baked beans/ mushy peas (may need sieving) or finely chopped tomatoes (either tinned or fresh - skinned and deseeded first)

PUDDINGS

- Yogurt, smooth with no 'bits', thick and creamy varieties, Greek yogurt
- Fromage frais, smooth with no 'bits'
- Mousse e.g. chocolate
- Blancmange or Instant Whip
- Baked egg custard, mashed with fork – no pastry
- Soft mashed fresh or tinned fruit e.g banana / mashed or stewed apple/ peaches with cream / thick custard
- Custard (thick)
- Sponge pudding with pureed fruit, mashed well with custard / cream
- Crème caramel
- Thick milk pudding with seedless jam– semolina, tapioca, rice pudding or sago
- Fruit smoothies (these may need to be sieved), Milkshakes

Make all desserts, where applicable, with full cream milk

SUGGESTED MEAL PLAN

BREAKFAST

Instant porridge or 'Ready Brek' made with full cream milk and sugar.

Stewed fruit (no lumps >4mm)

MID-MORNING

Milky drink such as 'Ovaltine', 'Horlicks' or 'Complan'

Or see pudding ideas

MIDDAY MEAL

Minced beef with thick gravy, mashed potatoes, well mashed carrots, sponge pudding with custard and stewed fruit

MID-AFTERNOON

Well mashed banana and smooth yogurt

EVENING MEAL

Well mashed cauliflower cheese, mashed potatoes, chocolate mousse.

BEDTIME

Smooth yogurt, custard, fromage frais or milky drink.

BUYING READY PREPARED MINCED & MOIST MEALS

- **Wiltshire Farm Foods**

Softer foods range – includes minced meals and puddings

<https://www.wiltshirefarmfoods.com/about-our-food/specialist-nutrition>

- **Simply puree**

A range of texture modified meals and puddings

www.simplypuree.co.uk

STORE CUPBOARD IDEAS

Suitable convenience foods to keep in your store cupboard that are easy to modify to minced and moist consistency are:

- Tinned minced meat, corned beef
- Tinned fish
- Tinned or packet soup (without bits)
- Tinned cream / evaporated milk
- 'Ready Brek' / porridge oats
- Custard / instant whip / milk puddings
- Soft tinned fruit
- Instant mashed potato
- Pasta / pasta sauces
- Tinned vegetables, spaghetti
- Gravy granules
- Milk powder, Complan

WEIGHT CHART

Some people find it useful to write down their weight.

If you would like to keep a record of your weight you can do that here. There is no need to weigh yourself more than once per week.

Date

Weight

Nutrition and Dietetic Service / Adult Speech and Language Therapy Service Contact Details:

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**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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**Developed, produced and reviewed by Leicestershire Nutrition and Dietetic Services –
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