

IDDSI Level 5





Minced and Moist



Information and advice about modifying foods for someone with swallowing difficulties

IDDSI Diet 5: Minced and Moist

You have been advised to have Minced and Moist food. This texture is recommended because you are at risk of choking or chest infections on other food. This food is easier to chew but still contains very small soft lumps.

What is a minced and moist diet?	
 <p>Easy to chew</p>	<ul style="list-style-type: none"> • Food is soft, tender and moist. • Small bite-sized pieces 4mm by 4mm • Can be eaten with a spoon • Lumps are easy to squash with the tongue.
 <p>Holds its shape</p>	<ul style="list-style-type: none"> • Holds its shape • Can be scooped and shaped into a ball
 <p>Often needs a sauce</p>	<ul style="list-style-type: none"> • Sauces should be extremely thick, smooth and non-pouring
 <p>No bigger than 4mm x 4mm</p>	<ul style="list-style-type: none"> • Foods can be easily mashed with a fork. • Food pieces should not be bigger than 4mm by 4mm (use spaces between fork prongs as a guide) • It can be layered or moulded

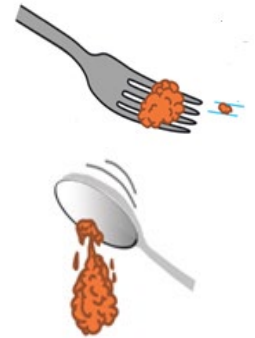
How do I follow a minced and moist diet?

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Everyday foods can be changed to make them suitable for a minced and moist diet by finely mincing or mashing. If certain foods (e.g. meats) cannot be finely minced then you should blend them down fully to a smooth texture. The table overleaf provides a general idea of the foods that are safe and those to avoid. This is only a general guide and the minced and moist foods you choose will also depend on your likes and dislikes. Use the methods below to adapt your favourite foods.

Testing food to make sure it is safe

- **Fork test:** Lumps in the food should be small enough to fit between the prongs of a fork (4mm x 4mm).
- **Spoon tilt test:** Food holds its shape on a spoon and falls off fairly easily when tilted or lightly flicked (should not be firm or sticky).



If eating out or having take-away

- Plan ahead before eating out at a restaurant by obtaining the menu beforehand.
- Consider which meals are soft and moist enough to be mashed down to a minced and moist texture.
- Phone the venue before you go with any questions or special requests.

Other tips and ideas

- A food processor or blender can be used to blend meats up finely.
- Cook fruits/vegetables so that they are soft, avoid any skins or pips.
- A sieve and spoon can be used to remove pips and skins.
- Any gravy, sauce or custard in or on the food must be very thick so that it cannot be poured and holds its shape when scooped
- Avoid mixed textures – no thin loose fluids. You should be able to eat food with a fork.



Meat and Poultry

Meat must be finely minced.
Pieces must not be bigger than 4mm by 4mm -
Puree meat if very fine mincing is not possible.
Remove all skin, bones and gristle.
Serve in an extremely thick non pouring sauce.
Sausages should be skinless and minced thoroughly.



Fish

Remove skin and bones.
Finely mash in extremely thick smooth non pouring sauce.



Vegetables and potatoes

Cook until soft.
Finely minced, chopped or mashed.



Fruit

Serve mashed.
Drain excess thin juice.
Remove pips and skin.

What foods are safe?

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Cereal

Very thick and smooth, fully softened.
Drain excess fluid before serving.



Rice

Not sticky and should not separate into individual grains when cooked.
Add plenty of extremely thick, smooth, non-pouring sauce.
Cut up pasta/noodles no bigger than 4mm by 4mm with lots of sauce.



Desserts and Snacks

Extremely thick and smooth.
Custard, creamed, rice pudding, semolina, yoghurt (no bits).
Sponges and crumbles can be softened and mashed with cream or custard.

* If you are on thickened fluids, please check with your Speech & Language Therapist about whether or not it is safe to eat ice cream or jelly.

Meal	Savoury Menu Idea	Sweet Menu Idea
Breakfast	<ul style="list-style-type: none"> ▪ Mashed Scrambled egg ▪ Mashed Omelette with cheese (avoid stringy cheese) 	<ul style="list-style-type: none"> ▪ Porridge ▪ Hot oat cereal ▪ Ready-Brek ▪ Weetabix soaked in warm milk
Morning snack	<ul style="list-style-type: none"> ▪ Mashed sweet potato ▪ Hummus and minced cucumber 	<ul style="list-style-type: none"> ▪ Fromage frais, yoghurt ▪ Rice pudding ▪ Crème caramel
Lunch	<p>Minced:</p> <ul style="list-style-type: none"> ▪ Shepherd's pie (avoid peas and sweetcorn) ▪ Fish (without skin) in sauce ▪ Cauliflower cheese (no stringy cheese) ▪ Blended spicy fried chicken and rice and kidney beans 	<ul style="list-style-type: none"> ▪ Sponge mashed in cream ▪ Trifle ▪ Minced Thai sticky rice
Afternoon snack	<ul style="list-style-type: none"> ▪ Egg-mayo ▪ Butter bean balls (mashed) 	<ul style="list-style-type: none"> ▪ Chocolate mousse ▪ Thick smoothie
Dinner	<p>Minced:</p> <ul style="list-style-type: none"> ▪ Lasagne (without crispy cheese topping) ▪ Bolognese sauce with pasta tubes or shells ▪ Chicken curry and rice ▪ Lamb stew and rice 	<ul style="list-style-type: none"> ▪ Cake mashed with custard ▪ Semolina ▪ Tiramisu
Dessert/supper	<ul style="list-style-type: none"> ▪ Soup with soft lumps (no bigger than 4mm) ▪ Cream cheese/cottage cheese 	<ul style="list-style-type: none"> ▪ Blended soft or stewed fruit (without skin), mashed banana ▪ Milkshake

If you have any concerns regarding your diet or you need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietitian.

What foods are difficult

These foods can be especially hard to chew or swallow so need to be avoided or specially prepared so that they are soft to eat. Please discuss them with your SLT.

Dry Food Crackers, cake, bread

Crumbly foods Biscuits, pie crust, wheat

Hard foods Boiled sweets, nuts.

Tough or chewy foods Steak, bacon, harder vegetables.

Crispy or crunchy foods Crisps, flaky pastry.

Stringy or fibrous foods Pineapple, celery

Pips, seeds, pith/inside skin. No skin or outer shells Peas, grapes, fruit skins or husks like sweetcorn

Skin, bone or gristle

Round or long shaped foods Sausages, grapes, sweets, hard chunks, pieces of apple.

Juicy food where juice separates off in the mouth Melon

Floppy foods Lettuce, thinly sliced cucumber, spinach

Sticky foods Some cheeses, marshmallows

Mixing solid with liquid Hard cereal, fruit salad with juice and soup with food pieces

If you require a high calorie diet for weight gain here is some advice on how to fortify your foods and drinks

Tips

- Eat 3 small meals and 3 snacks each day
- Have milky drinks in-between meals such as: 'all-milk' coffee, hot chocolate, Horlicks or milkshakes

Adding extra calories (Fortifying)

- Fortify 1 pint of full fat milk with 2 – 4 tablespoons of skimmed milk powder and use throughout the day for all drinks (including milkshakes) and puddings
- Use full fat dairy products such as full fat milk, creamy yoghurts and cheese
- Add 1 tablespoons of skimmed milk powder to foods like porridge or puddings
- Add cream, butter, cheese or mayonnaise to foods like mashed potato or on top of vegetables before blending
- Add extra sugar, syrup or honey to puddings, cereal or into drinks



100 calorie boosters

These add 100 calories when added to foods:

- 1 tablespoon of mayonnaise or oil
- A small handful of grated cheese
- 2 tablespoons of salad cream
- 2 tablespoons of honey, lemon curd or golden syrup




Meal ideas (high calorie)

Breakfast

- Fromage Frais with fruit puree
- Fortified thick and smooth porridge or Ready brek
- Fortified thick and smooth Weetabix soaked in milk
- Canned soft fruit e.g.: pears or peaches (with liquid removed) or mashed fruit (drain any thin juice and remove any seeds or pips) – this can be added into breakfasts



Light meals

- Creamy soup e.g.: meat, potatoes, and vegetables (smooth or  sized pieces)
- Soft cheeses e.g.: goats' cheese or cream cheese
- Scrambled egg made with double cream and melted cheese on top

Main meals (served with mashed vegetables)

- Shepherd's pie made with fine mince
- Smooth thick lentil dhal
- Chicken and mushroom risotto
- Vegetable / beef lasagne (without crispy topping)
- Flaked fish in a thick sauce and mashed potatoes
- Tinned tuna or salmon (liquid drained off) in mayonnaise mixed into fork mashed pasta
- Pasta bolognese made with fine mince and well-cooked soft vegetables mixed in
- Finely minced turkey and well-cooked rice mixed into a thick smooth curry sauce (Remember pieces of food must be 4mm by 4mm size)



Snacks

- Smooth dip, smooth peanut butter or smooth pate
- Dessert option (see below)

Desserts

- Well mashed banana in thick custard
- Thick semolina & smooth fruit puree or seedless jam
- Thick and creamy smooth yoghurt or rice pudding
- Sponge mashed smooth with custard or cream
- Smooth fruit fool
- Tiramisu, crème caramel, instant whip, or mousse



Community Dietetics



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For more information about IDDSI please visit the following website: <https://iddsi.org>

Details:

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