



Minced and moist diet (IDDSI 5)

Acute and Community AHP Group

Patient name:

Date:

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

Dysphagia is a term used if you have a difficulty swallowing food, drink or medication. You have been assessed by a Speech & Language Therapist and they have recommended that you have a minced and moist diet.

It is important that you follow these recommendations because other consistencies may get stuck in your throat, causing choking or enter your airway or lungs resulting in a chest infection, or even pneumonia.

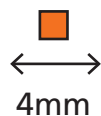
The dietitian can give you advice on how to achieve a balanced diet.

This booklet is designed to give you practical guidance to help you follow the advice you have been given by the Speech & Language Therapist and Dietitian

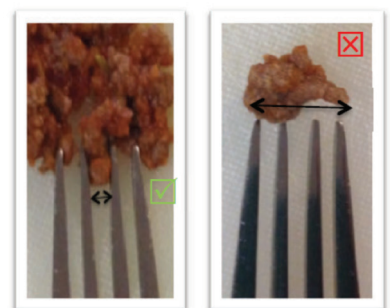
If you have any questions please contact your Speech & Language Therapist or Dietitian.

What is minced and moist food?

- Food requires minimal chewing.
- Can be easily mashed with a fork.
- Food is not hard, chewy, dry or crumbly.
- Liquid should not separate from the rest of the food.
- Have small visible soft lumps with pieces that should be no bigger than 4mm.



Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



- Lumps should fit between the prongs of a fork.
- Can be eaten with a fork or spoon.
- Can be scooped and shaped on a plate.
- No bread.
- No skins or shells (e.g. peas, grapes), no pips or seeds,.

How to prepare minced and moist diet

- Chop solid food into small pieces.
- Cook well until tender.
- Choose foods without skins, for example, chicken fillets, skinless sausages or sausage meat.
- Add a liquid like milk, juice, sauce, stock or gravy (not water as it dilutes the taste and goodness in the food).
- Meat should be finely minced or chopped (4mm). If meat cannot be finely minced it should be pureed.
- Mash the pureed food well, ensuring lump size no bigger than 4mm.
- Check that no crusts / skins have formed during cooking or standing.
- Check that foods haven't thinned out and any liquid within the food has not separated out.
- To vary the tastes and appearance on your plate it is a good idea to prepare each food item separately and keep the items separate from each other on a plate.

Food appearance and taste

The appearance and taste of your food is important; here are some ideas to make your food more appetising:

You may want to add the following for a different taste:

- Salt
- Pepper
- Garlic
- Worcester sauce
- Tomato sauce
- Mint jelly
- Apple sauce
- Garam masala or your favourite herbs / spices
- Brown sauce
- Piri
- Sweet chilli
- Seedless jam
- Lemon curd
- Fruit syrups
- Chocolate sauce
- Honey
- Cinnamon

Suitable foods and foods to avoid

	Suitable foods	Foods to avoid
Breakfast	• ReadyBrek • Porridge – Made with milk • Weetabix	• Muesli • Shredded Wheat • Cornflakes
Main Dishes Meat and fish should be finely minced or chopped (4mm) in thick gravy or sauce. Remove any skin, bones or gristle. If unable to achieve the correct texture meat should be pureed.	• Finely minced or puréed meat (chicken, beef, goat, lamb) in a thick gravy • Finely minced or puréed meat casserole • Finely mashed fish ((sardines, plaice, salmon, haddock, snapper, bream, red mullet, hake) in parsley, cheese or tomato sauce • Cottage pie (finely minced or puréed with a potato topping) • Finely minced or puree Quorn or Tofu • Mashed cheese and potato pie • Mashed avocado • Mashed banana • Fruit puree • Smooth yogurt • Pulses (beans, dhal) mashed with skins removed	• Dry meat poultry or fish • Tough stringy meat, ribs, bacon • Meat pie • Sausages with skin on • Coarse / gristly meat e.g. burgers
Starchy foods	• Mashed potatoes or sweet potatoes • Mashed ravioli in sauce • Overcooked and mashed soft pasta with sauce • Mashed sweet potatoes, yams, cassava, plantain, green banana • Ground rice • Maze meal	• Bread • Naan • Chapatti • Rice • Roast potatoes

Suitable foods and foods to avoid

	Suitable foods	Foods to avoid
Fruit and vegetables Serve mashed. Drain any separated liquid, and ensure all skins, stones and pips are removed. Use fresh / frozen vegetables and fruit daily.	- Tinned or stewed fruit (strained and mashed) – peach, apple, mango, apricots, prunes. - Mashed banana - Mashed carrots, cauliflower, broccoli, parsnips, squash, avocado, pumpkin - Mashed potato, sweet potato - Mashed cauliflower cheese - Mashed curried vegetables	- Vegetables with stalks and skins e.g. beans, peas - Cabbage - Celery - Salad - Fruit / vegetables with pips or husks - Dried fruit - Stringy fruit e.g. oranges
Dairy	- Cream cheese - Yogurt (thick with no bits) - Egg (scrambled, poached, boiled) mashed and sauce added - Mashed cottage cheese	- Hard cheese - Stringy cheese e.g. mozzarella - Yoghurt with fruit / nuts
Puddings / snacks	- Thick yogurt / mousse (no bits) - Fromage frais - Thick custard - Blancmange - Thick ground rice pudding - Thick semolina - Crème caramel (mix in liquid) - Egg custard (no pastry / skin) - Finely mashed cake and custard	- Biscuits - Pastry - Sweets - Chocolate - Jelly - Crumble

Meal ideas

Breakfast

- Porridge.
- Weetabix.
- Mashed banana.
- Smooth full-fat yoghurt.

Lunch

- Mashed fish in sauce.
- Corned beef hash.
- Pureed dahl.
- Meat casserole - well cooked, cut into 4mm size pieces.
- Scrambled eggs.

All served with mashed vegetables and potatoes.

Dinner

- Finely minced cottage pie.
- Cheese and potato pie.
- Cauliflower cheese - finely mashed.
- Finely minced keema (no peas).

All served with mashed vegetables.

Dessert

- Rice pudding.
- Milk pudding.
- Mashed plain sponge pudding with custard.

Snacks

- Custard pots.
- Yoghurt.
- Fromage Frais.
- Pureed Avocado with yoghurt.
- Smooth Hummus.

Safer swallowing

To maximise the safety of your swallow remember to:

- Stick to small mouthfuls, one at a time.
- Give plenty of time between each mouthful.
- Have smaller meals more frequently.
- Avoid talking and eating at the same time.
- Do not wash down food with a drink.
- Sit upright for at least 30 minutes after eating.

		
Sit upright	Take your time	Reduce distractions

Good nutrition

A well balanced diet including a wide range of different foods is important for good health. If you find you are losing weight on this diet you may need to see a dietitian.

The following tips will also help you increase your protein and calorie intake.

Try adding the following to your food:

- Sugar, seedless jam, honey and cream to your breakfast.
- Butter, ghee or margarine in your vegetables and potatoes.
- Double cream, yoghurt, milk, evaporated milk to porridge, sauces and puddings, mashed potato, vegetables, drinks.
- Coconut cream, olive oil and avocado to savoury foods.
- Try to use at least 1 pint of whole milk per day.
- Try using 'double strength' milk i.e. whisk 2oz (60g) dried milk powder into 1 pint (600ml) whole milk.
- Add finely grated Cheddar or Parmesan cheese to soups, hot sauces, mashed potato and vegetables.

Why should you eat when you don't feel hungry?

If you eat less food than you need, you will lose weight and use up your stores of important nutrients such as iron, vitamins and protein. This means you will not fight off infections, feel weak and tired and your body will be unable to heal itself.

Buy in options

Some companies produce pre-prepared Level 5 minced & moist meals. These can be delivered and stored in the freezer.

The following list is for information only and other companies may be available.

The Royal Wolverhampton NHS trust does not endorse any specific companies.

WILTSHIRE

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FOODS

www.wiltshirefarmfoods.com

Tel: 0800 077 3100

Oakhouse
—foods—

www.oakhousefoods.co.uk

Tel: 03333706700

Contact information

Speech and Language Therapy

Tel: 01902 444363

Email: rwh-tr.Speech-And-Language@nhs.net

Dietetics

Tel: 01902 695335

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
New Cross Hospital, Wolverhampton, WV10 0QP Tel: 01902 695377.