



Adult Speech and Language Therapy

&

Nutrition and Dietetic Services

Patient Information Leaflet

Level 5 – Minced and Moist Diet



The Departments of Speech and Language
Therapy & Nutrition and Dietetics do not
accept responsibility for the inappropriate use
of this information

with you

all the way

Your Speech & Language Therapist has advised that you change the texture of your diet to make it easier and safer for you to swallow. You have been advised to have a minced and moist diet.

General Description

- Food is soft, tender and moist with no liquid dripping from the food
- Minimal chewing is required
- Food should be mashed with a fork before serving (**lumps of 4mm in size or smaller**)
- Lumps are easy to squash with the tongue
- If meat cannot be finely minced it will need to be pureed
- No hard pieces, crusts, skins, gristle or garnish
- **No bread** unless assessed and advised by a speech and language therapist on an individual basis

Testing Methods

- IDDSI Fork Test:
 - For adults lump size is 4mm which is about the gap between the prongs of a standard dinner fork
- IDDSI Spoon Tilt Test:
 - The food holds its shape on the spoon and falls off fairly easily if the spoon is tilted (food should not be sticky)

Check before serving:

- No hard pieces, crust or skin have formed during cooking/ heating/standing
- Fluid/gravy/sauce/custard has not thinned out or separated off
- Any fluid, gravy, sauce or custard in or on food must be thick

Foods to avoid

These foods must be avoided to prevent choking:

(Please note this is **not** an exhaustive list)

- Mixed consistencies or food with loose fluid. For example, cereal with milk that has not been fully absorbed, lumpy soups and casseroles with thin gravy or sauce.
- Hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits - boiled sweets, toffees, pineapple, runner beans, salad items, dry toast, pie crusts, pastries, biscuits, crisp, apples, cracker, crumble toppings, etc.
- Foods with pips, seeds, skin, outer shell, husks, bone or gristle - nuts, seeds, peas, beans, sweetcorn, grapes, tomatoes, onion (unless very finely chopped and well cooked until soft), fatty meat, chicken drumsticks, etc.
- Tough meats - Steak, pork (unless finely minced), sausages with skins, etc.
- 'Floppy Foods' - Lettuce, baby spinach leaves, rocket, etc.
- Fibrous foods - Celery, pineapple, etc.
- Juicy foods – Watermelon, pineapple, grapes, mango, etc.
- Sticky/Claggy food types – Peanut butter, marshmallows, cheese chunks, etc.
- Large chunks of food

Foods for Special Consideration

Some foods turn to liquid in your mouth; these foods need to be avoided if you require thickened fluids.

- Jelly is **not** appropriate for anyone taking **thickened fluids**.
- Ice-cream is **not** appropriate for anyone taking **thickened fluids**

Ideas for extra flavour

- Herbs and spices, smooth mustard, smooth chutney, bottled sauce. For example, tomato, Worcestershire, brown, BBQ, salad cream, mayonnaise, etc.
- Treacle, honey, seedless jam, lemon curd
- Sauces and pickles – tomato sauce, brown sauce, apple sauce, tartar sauce, sauces and pickles with no hard lumps
- Jams & preserves – seedless jams, lemon curd, shredless marmalade, chocolate spread

Breakfast ideas

- Fresh fruit juice – thickened to appropriate consistency if required
- Thick porridge, instant oat cereal
- Weetabix with the milk or cream fully absorbed with mashed/pureed fruit or jams/sauces
- Mashed sausage meat (no skin)
- Poached, boiled or scrambled eggs **mashed** with grated cheese
- Yoghurt, crème fraiche or fromage frais with mashed fruit
- Fruit – soft fruits mashed with a fork (skins, pith and pips removed). For example, mashed banana

Light meal ideas

- Smooth, thick soup, avoiding croutons or hard lumps. For example, lentil, split pea, tomato. Some soups can be blended until a smooth consistency if required.
- Poached, boiled or scrambled eggs **mashed**, with tinned tomatoes or grated cheese
- Well cooked, chopped-up (4mm pieces) pasta with a thick sauce and/or grated cheese
- Mashed jacket potato without the skin with butter/tuna mayonnaise/ grated cheese
- Mashed pasta – ravioli, macaroni cheese
- Corned beef hash
- Cheese – grated and melted into soups and sauces, plain cottage cheese

Main meal ideas

- Cottage or shepherd's pie made with fine minced or pureed meat, no bigger than 4mm pieces, with well-cooked, mashed vegetables
- Thick casserole, stew, chilli, hot pot or curry (ensuring meat is finely minced and very tender or pureed – maximum 4mm pieces) with vegetables that are well-cooked and mashed-down – thick sauces – no loose fluid
- Fish pie with fish chopped into 4mm pieces, thick sauce and well-cooked, mashed vegetables. Tinned fish is suitable. Remove all bones.
- Corned beef hash with well-cooked, mashed meat (4mm pieces) and mashed vegetables
- Potatoes – cooked and mashed. Served with thick gravy, sauce or mash with butter/margarine to soften
- Vegetables – cooked and mashed, avoid vegetables with skins/husks
- Ready prepared minced and moist meals (e.g. Wiltshire Farm Foods, Simply Puree etc)

Pudding, dessert & snack ideas

- Rice pudding, sago, semolina, custard, mousse
- Syrup, jam, chocolate sponge pudding, mashed with thick custard/cream
- Instant dessert – whips or blancmange
- Smooth fruit fool, smooth fruit yoghurt, fromage frais, milk pudding **mashed**
- Soft **mashed** fruit. For example, bananas, stewed fruits mashed.
- Jams & preserves – seedless jams, lemon curd, shredless marmalade, chocolate spread
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- Ice-cream is **not** appropriate for anyone taking **thickened fluids**

Fluid

It is important to make sure you drink enough fluid to keep you well hydrated.

Six-to-eight glasses is recommended daily

*It is important to remember to **thicken your drinks** if you have been advised to do so by your speech and language therapist.

Nutrition

A minced and moist diet can be low in iron, vitamin C and folate.

Iron

Include foods that are high in iron in your diet, for example:

- Fortified breakfast cereals – soften with milk, ensure milk is fully absorbed
- Liver and red meats – minced or pureed
- Egg – served as described above
- Cocoa and chocolate – use in sauces and desserts

Vitamin C

To make sure you get enough vitamin C drink at least one glass of fruit juice or fruit drink with added vitamin C each day (thicken as required).

Folate

Foods high in folate include:

- Liver and red meat – minced or pureed
- Fortified breakfast cereals – softened with milk, ensure milk is fully absorbed
- Yeast and beef extracts. For example, Marmite, Bovril etc.

Constipation

If you experience constipation, try to include as many minced and moist fruits and vegetables in your diet as possible. For example, turnip, carrot, stewed apples, apricot puree. Make thick soups with lentils and vegetables (blended to remove lumps if required) and ensure you are drinking enough fluids (thickened as required).

Weight Changes

Keep an eye on your weight, report any concerns you have about your weight to your GP, Dietician, Community Nurse or Practice Nurse.

If **weight loss** is a problem, try the following:

- Use full cream milk or 'fortified milk'.
To make fortified milk; add 5 tablespoons of dried milk powder to one pint of full cream milk. Use in the same way as you would use ordinary milk.
- Add cream or evaporated milk to puddings.
- Add butter or margarine to vegetables and potatoes.
- Add grated cheese to soup, mash potato or sauces.
- Use full fat versions of yoghurts and milk puddings.

If you need to use nutritional supplements, your **Dietician** will advise which ones you should use and how much you should take.

County Durham and Darlington NHS Foundation Trust

Adult Speech and Language Therapy

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