



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Level 5 - Minced and Moist Diet

Information for patients, relatives and carers

① For more information, please contact:

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Introduction

A Speech and Language Therapist has assessed your swallowing and advised you to have a Level 5 - Minced and Moist Diet.

This leaflet contains information to help you choose minced and moist foods which are enjoyable, to ensure adequate nourishment.

As a guide, minced and moist food is:

- Soft, moist and easy to mash.
- Can be finely mashed, minced, finely chopped or pureed to achieve the correct consistency.
- Can be eaten with a fork or a spoon.
- Can sit in a pile or mound on a fork without any liquid falling off.
- Requires minimal chewing before swallowing. Food should be easily mashed with the tongue.
- Has no separate thin fluid. Liquid should not leak or drip from the food.
- Any lumps are small. No bigger than 4mm: approximately the space between the prongs of a fork.

General Points

- To serve foods moist add extra thickener, smooth non-pouring sauce, gravy or soak in milk. Any excess liquid should be drained off.
- A minced and moist diet can be filling and low in energy. Small, frequent meals and snacks can help ensure adequate nutrition and that your food is warm. You can always have second helpings.
- You may find you are able to eat better at particular times of the day. Take advantage of these times.
- Use a variety of foods, different tastes and colours, to allow variety, ensure a balanced diet and serve meals attractively.
- Baby foods are not suitable for adults as they do not contain sufficient nutrients.

Getting the Balance Right

To ensure your diet is as nourishing as possible, have a variety of foods and include foods from each of the following groups every day.

1. Protein Foods

Meat and vegetarian alternatives

- Finely minced or finely chopped tender stews and casseroles with any bones any gristle removed.
- Sauce or gravy must be thick and smooth.
- Corned beef, paté or meat paste mashed down.

Fish

- Mashed or finely chopped with thick/smooth sauce or mayonnaise.
- Any bones or skin removed.
- Fish paste and mousse mashed down.

Eggs

- Scrambled, poached or boiled eggs, finely mashed with butter or mayonnaise.

Baked beans

- Well mashed, remove any hard skins

2. Starchy Foods

Cereals

- Porridge, Ready Brek or Weetabix (soaked in milk).
- Must be smooth with soft lumps only. Drain any excess liquid before serving.

Potatoes

- Remove skins and boil until soft or cook as a jacket potato. Mash with butter and milk.

Pasta

- Cook until soft, mash or finely chop with thick sauce.

Rice

- Well-cooked. Moisten with thick sauce to hold it together. It should not separate into individual grains when served.

3. Fruit and Vegetables

- Remove all skins and pips.
- Stewed or tinned fruits are suitable such as apples, pears, peaches, mandarins. Drain off any excess fluid.
- Soft fruit such as bananas, raspberries, strawberries and kiwi can be finely chopped or mashed.
- Avoid dried fruit, fibrous fruits (citrus fruits and pineapple) and hard fresh fruit (apples).

Cook vegetables until soft and mash or finely chop with excess fluid drained off.

e.g. cooked carrots, parsnips, swede, turnips, broccoli and cauliflower florets, tinned tomatoes or mushy peas and soft/ripe avocado.

Avoid raw vegetables or vegetables with an outer shell, such as peas or beans.

Avoid stringy, fibrous textures e.g. pineapple, celery, runner beans.

Fruit juice is suitable (use thickener if prescribed)

4. Dairy Foods and Alternatives

Milk

- Preferably full calorie option of a milk of your choice. Avoid reduced calorie milks.

Puddings

- Ensure smooth/small lumps only.
- Rice pudding, custard, mousse, whip, blancmange, panna cotta, evaporated milk, cream
- Yoghurt, fromage frais, dips.

Cheese

- Full fat cream cheese, cheese spread, mascarpone or ricotta, soft goats' cheese. Cottage cheese mashed.
- Grated hard cheese - add during cooking, ensure well melted and fully incorporated into the meal.

Miscellaneous

- These foods help to add variety to your diet.
- Try chocolate spread, hummus, guacamole, taramasalata, marmite, honey.
- Jelly jams and smooth marmalade.

Suggested Meal Ideas

Breakfast

- Porridge or Ready Brek or other cereals that have been soaked in milk until soft, ensuring excess milk is drained off.
- Stewed, mashed or finely chopped fruit with cream, smooth yoghurt or fromage frais.
- Scrambled poached or boiled eggs, finely mashed with butter or mayonnaise.
- Fresh orange juice can be served with breakfast: thicken to the level advised by speech and language therapy if you have thickened fluids. Avoid if mouth is sore.
- Finely mashed skinless sausages with tomatoes (no seeds or skins), pureed baked beans or tinned spaghetti.

Fish dishes

Cook well, finely mashed remove bones and skin

- Fish pie
- Cod mornay
- Fish in sauce (e.g. butter, cheese or parsley sauce)
- Mashed tinned fish in sauce (e.g. sardines, pilchards)
- Salmon mashed with sauce
- Salmon mousse
- Tuna mashed with mayonnaise or sauce

Meat / Vegetarian dishes

Finely minced or chopped

- Shepherd's or cottage pie
- Casseroles, hot pots, tender stews
- Potted meat or pâté
- Skinless sausages mashed with thick sauce or gravy
- Meatloaf mashed with thick sauce or gravy
- Corned beef hash
- Sliced cold meat – finely chopped into pieces no bigger than 4mm and mashed with sauce, tinned spaghetti or baked beans (hard skins removed) to moisten
- Curry or Dahl

Pasta / noodle dishes

Boil pasta / noodles until soft. Mash or chop finely into a thick sauce.

- Pasta with cheese sauce or crème fraîche
- Pasta Bolognese
- Pasta with meat, fish or vegetarian pâté
- Tinned spaghetti/ravioli
- Well-cooked, instant noodles finely mashed in sauce

Rice dishes

- Creamy, moist risotto
- Well-cooked white rice, finely mashed with plenty of thick sauce

Thick Smooth Soups

- Smooth soups made with pureed meat, fish, lentils, silken tofu or vegetables
- For extra nourishment add: smooth cheese, cream, milk powder, Complan Soup Mix or Meritene powder
- Soft breadcrumbs can be added to soups
- If on thickened fluids, ensure the soup is thickened to the appropriate thickness as advised by speech and language therapy.

Cheese dishes

Mashed or finely chopped:

- Cauliflower cheese
- Cheese and potato pie
- Cheese dips
- Broccoli and cheese sauce
- Cheesy vegetables
- Cheese soufflé
- Cheese omelette

Snacks

- Milk puddings, fromage frais, mousse or yoghurt, (remove large pieces of fruit or mash/blend)
- Dips e.g. hummus, guacamole, taramasalata baba ghanoush, pâté, meat spread
- Milky drinks; thicken as advised by speech and language therapy if you have thickened fluids
- Ice cream (avoid if having thickened fluids)
- Cereal soaked in milk (drain excess fluid off)

Puddings

Mince or mash unless smooth in texture

- Thick milk puddings e.g. rice pudding with smooth seedless jam or custard
- Crème caramel – ensure any thin fluids drained off
- Mousse, blancmange, fruit fool
- Thick and creamy or Greek yoghurts
- Fromage frais
- Sponge – mash well with custard, thick cream or yoghurt
- Angel Delight or instant whip

- Semolina
- Trifle – mashed (avoid hard lumps of fruit)
- Tiramisu – mashed
- Panna Cotta
- Stewed or mashed fruit with custard or cream. Soft tinned fruit e.g. mandarins, peaches or pears.
- Ripe avocado – finely mashed with banana or melted chocolate
- Ice cream, sorbet (avoid both if having thickened fluids)
- Smoothies (ensure correct thickness as advised by your Speech and Language Therapist if you have thickened fluids)

Getting Enough to Eat

A common problem with mincing food is that you often end up with less nourishment. Make the most of what you do eat as nourishing as possible by adding extra calories and protein.

Use full fat options when available and avoid reduced sugar/diet varieties.

Fortified Milk

Add four tablespoons of skimmed dried milk powder to one pint of a full calorie option of a milk of your choice. Mix well.

Store this in the fridge and use whenever you would use milk. On cereals, porridge, soups, milk puddings, sauces, drinks e.g. malted milk, hot chocolate, coffee, tea.

Do not keep fortified milk for longer than **24 hours**.

Fortified Soup

Add natural / original Complan, Meritene (Build-Up) or skimmed dried milk powder to each can or packet soup. Crème fraiche, yoghurt, pureed meat, cream, silken tofu, grated or cream cheese add flavour and nourishment. Add soft breadcrumbs, red split lentils or yellow split peas, although you may need to puree and/or sieve.

Breakfast Cereals

Add fortified milk, honey, yoghurt, cream or mashed fruit.

Sauces

Add cheese, margarine, butter, yoghurt, cream, crème fraiche, silken tofu or evaporated milk, skimmed milk powder.

Vegetables

Add salad cream, mayonnaise, cream cheese, sauces, margarine, butter, olive oil, yoghurt, well mixed in smooth nut/seed butters or pastes.

Mashed Potato

Add cream, margarine, olive oil, butter, grated or cream cheese, milk powder, well mixed in smooth nut/seed butters or pastes.

Puddings

Add jelly, seedless jam, honey, yoghurt, cream, crème fraiche, evaporated milk, margarine, custard, ice cream (unless on thickened fluids), sorbet (unless on thickened fluids), yoghurt, coconut milk powder, chocolate sauce.

Nourishing Drinks

Milky drinks e.g. hot chocolate or coffee made with milk, smoothie drinks, malted milk, milkshakes.

For more ideas and information please ask your Dietitian for the Nourishing Drinks patient Information Leaflet.

Alternatively Complan or Meritene/Build-up (sweet and savoury) are available from chemists or supermarkets. These products should not be used if you use thickener in your drinks (e.g. Resource ThickenUp Clear) as they do not thicken effectively.

Constipation

Due to changes in diet constipation can be a problem:

- Drink at least six to eight cups of fluid a day

To increase fibre:

- Use high fibre cereals e.g. porridge, Weetabix. Hot milk can help soften these
- Include suitable fruit and vegetables daily
- Do not use unprocessed bran

Drinks

If you have been advised to have thickened fluids or use a thickener, please follow the guidance from the Speech and Language Therapist.

Mouthcare

Brush teeth at least twice daily with a fluoride toothpaste (unless otherwise advised by your dentist or medical professional), as eating more regularly can increase the risk of dental caries.

Reference

International Dysphagia Diet Standardisation Initiative
(<https://iddsi.org>)

Additional Information / Agreed Goals

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Tell us what you think of this leaflet

If you would like to tell us what you think, please contact:
Admin team, York Hospital, Wigginton Road, York, YO31
8HE. Tel 01904 725269 or email
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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email
pals@york.nhs.uk.

An answer phone is available out of hours.

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