

IDDSI Level 5

Minced and Moist

**Information and advice about
modifying diets for someone
with swallowing difficulties**



Looking after you locally

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 easy to chew. You can cope with some soft lumps.

What is minced and moist?

5



Easy to chew

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



Holds its shape

Holds its shape
Can be scooped and shaped into a ball



Often needs a sauce

Sauces should be extremely thick, smooth and non-pouring



No bigger than 4mm x 4mm (diagram is to scale)

Foods can be easily mashed with a fork
Food pieces should not be bigger than 4mm by 4mm
It can be layered or moulded

How do I prepare minced and moist food?

You can change everyday foods by finely mincing or mashing. If the food cannot be finely minced then you should puree. Please read the list of suggestions overleaf on how to prepare pre-mashed foods.

How do I prepare minced and moist food?

You can change everyday foods by finely mincing or mashing. If the food cannot be finely minced then you should puree. Please read the list of suggestions overleaf on how to prepare minced and moist foods.

What foods am I allowed?

The table overleaf provides a general idea of the foods allowed and the foods to avoid. This is only a general guide and can be modified depending on what you feel you can tolerate.

If eating out or Take Away:

- ⇒ Plan ahead before eating out at a restaurant by obtaining the menu beforehand.
 - ⇒ Consider which meals are appropriate and how they could be adapted to a minced and moist diet.
 - ⇒ Phone the venue before you go with any questions or special requests.
- A food processor or blender can be useful when mincing 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

What foods am I allowed?

5



Meat and Poultry

Meat must be finely minced.

Pieces must not be bigger than 4mm by 4mm.

Remove all skin, bones and gristle.

Serve in an extremely thick non pouring sauce.

Sausages should be skinless and minced.



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 am I allowed?

5



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.

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.

Suggested Meal Ideas

If you are unsure of what your meals will look like, please see the ideas below.



5

Breakfast:

Porridge, hot oat cereal e.g. Ready Brek, Weetabix soaked in milk.

Mid-morning

Fromage frais

Midday Meal

Mid Afternoon

Omelette with cheese, sponge and custard.

Evening Meal

Shepherds Pie, fish in sauce, cauliflower cheese, lasagne (without crispy cheese topping), bolognese sauce with pasta tubes or shells.

Bedtime

Soft or stewed fruit, mashed banana

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

Details:

Speech and Language Therapy Department
Norwich Community Hospital
Bowthorpe Road, Norwich
NR2 3TU
Tel: **01603 216021**

Where can I go for more information?

Your local speech and language therapist will be able to provide you with more information.

For more information about IDDSI please visit the following website:

<https://iddsi.org/>



If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact: **01603 697492**

You can receive help with queries about NCH&C services from

Patient Advice and Liaison Service

Telephone: **0800 088 4449**

Email: **pals@nchc.nhs.uk**

(Monday-Friday 9am-5pm)

This leaflet has been produced in collaboration with Speech and Language

Produced: November 2018
Review: November 2020
Author: Speech and Language Therapy Department,
NCH&C