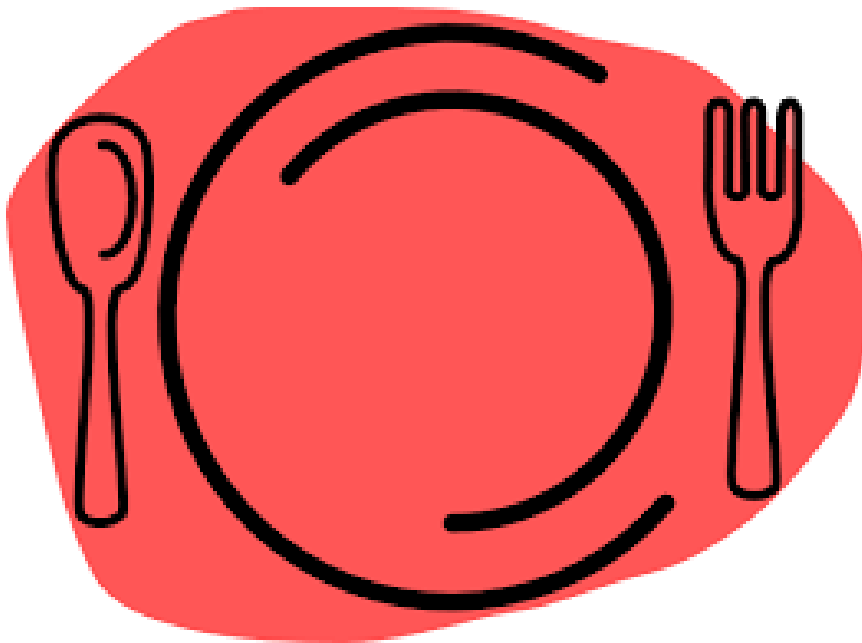


## **Minced and Moist Diet – Level 5 (Previously Pre-Mashed Diet)**



### **How this leaflet can help you**

If you or the person you are caring for is having difficulty with chewing or swallowing foods, then a minced and moist diet may be easier to manage. A Speech and Language Therapist (SLT), Dietitian or Doctor may have recommended this texture of food because it is safer for you to eat and it is important to follow the instructions given. Taking the wrong sorts of food or drinks may lead to choking, chest infections or pneumonia.

Please ask your Speech and Language Therapist for additional advice if you need to take thickened fluids as well.

## What is a minced and moist diet?

- Soft, tender and moist with no separate thin liquid
- Can be eaten with a fork or spoon
- Requires very little chewing, lumps are easy to squash with tongue
- Small lumps (4mm lump) may be visible within the food (mashed)
- Can be shaped on a plate e.g. into a ball-shape

## How do I prepare a minced and moist diet?

- Try to use ordinary family foods that are normally soft e.g. flaked fish in a thickened sauce, macaroni cheese (mashed), rice pudding, finely minced meat in a very thick sauce.
- **Make sure all foods are well cooked and that they are mashed or pureed beforehand.** You may need to slightly over-cook vegetables. Food may be mashed manually or using a food processor may be required.
- Add very thick gravy, sauce or custard to make the food moist. Instant sauces or gravy granules are useful because you can make up smaller quantities.
- Blend soups or strain them to avoid small bits.

## Thickening Agents

These include: arrowroot, cornflour, gravy granules, instant potato powder, ground rice or custard powder.

Thickeners which your GP may prescribe include: Resource® Thicken-up™ Clear, Thick & Easy™, Vitaquick™, Thixo-D® and Nutilis Clear.

## What should I eat?

Each day include these foods:

- **At least one pint of full cream milk** - this provides a good source of calcium. Use it in drinks, custard, sauces and cereal.
- **Fruits and vegetables which provide vitamins, minerals and fibre. Try to have 5 portions per day.** A portion is 1 piece of fruit, 4oz/100g tinned fruit or 2 tablespoons of vegetables. In place of a portion of fruit you could drink a glass of fruit juice/ fruit drink with added vitamin C. Mash and drain away excess juice or stew.
- **Protein foods such as chicken/meat, fish, cheese, eggs and lentils. Have 2 – 3 portions per day.** A portion is 4oz/100g meat, 2oz/50g cheese or 2 eggs.
- **A starchy food such as potato, pasta or cereal. Try to have a portion at each meal.** A portion is a medium sized potato 6oz/150g, 2 tablespoons of pasta or 1oz/25g of cereal.
- **Fluids – drink at least 8 cups per day.** Remember to thicken drinks if your SLT has instructed you to do this.

## What should I avoid eating?

- Stringy, fibrous texture e.g. pineapple, runner beans, celery, lettuce
- Vegetable and fruit skins including beans e.g. broad, baked, black-eye, peas, grapes
- Mixed consistency foods e.g. cereals which do not blend with milk such as muesli, soup with bits
- Crunchy foods e.g. toast, flaky pastry, dry biscuits, crisps
- Crumbly items e.g. bread crusts, pie crusts, crumble, dry biscuits, crisp toppings
- Hard foods e.g. boiled sweets, toffees, nuts and seeds, hard fruit
- Husks e.g. sweetcorn and granary bread
- 'Floppy' foods e.g. lettuce, raw baby spinach, cucumber
- Sticky foods e.g. marshmallows, chunks of cheese, bread

## Is your appetite poor?

If you are only managing small amounts of food, you can also try the following ideas:

- Have small frequent meals every 2 hours – you may find this easier than three large meals.
- Make the most of times when your appetite is at its best by eating a little more. This may mean moving the time of your main meals and enriching your food and drinks.
- Have nutritious drinks such as milk, milkshakes, Complan, Aymes or Nurishment between meals (available from chemists and supermarkets).
- Avoid drinking just before a meal as this will fill you up too quickly.
- A small amount of alcohol may help stimulate your appetite (check with your doctor first) e.g. a small glass of sherry or brandy before a meal.

## Adding extra nourishment to food

To help you gain weight or prevent weight loss, you will need to make your food more nutritious. You can add nourishment to every day foods by following these simple tips:

### Milk:

- Whisk 2-4 tablespoons of milk powder into 1 pint of full cream (whole) milk. This can be used in place of ordinary milk in drinks, soups, sauces, milk puddings, instant whips or porridge.

### Sweet foods:

- Add cream, custard, evaporated/condensed milk, full fat yoghurt (no bits), jam (no pips), honey, lemon curd or syrup.
- Add sugar or glucose to drinks, desserts and cereals.

### Savoury foods:

- Add cream cheese, cream, evaporated milk or 2 tablespoons of milk powder to soup
- To vegetables and potatoes add extra margarine or butter, cream cheese, cream, salad cream, mayonnaise or milk based sauce.
- To milk based savoury sauces add cream, evaporated/condensed milk or grated cheese.

## How can I make my meals more enjoyable?

- Try to make meals more appetising by serving the meat and vegetables separately including different coloured vegetables e.g. carrots and broccoli.
- Include a variety of foods in your diet.
- Add extra flavours to food by using powdered spices, mustard, stock cubes, marmite, tomato purée, lemon juice, chilli powder or curry paste/powder, Worcester sauce, brown sauce.
- Use garnishes to make the food more attractive, for example paprika, cream, natural yoghurt on savoury dishes and cocoa, icing sugar, piped cream or lemon curd on sweet foods.
- If you eat slowly, only put small quantities of food on the plate and keep the rest hot for second helpings. Using a smaller plate may help.
- Eat in a quiet, relaxed atmosphere. Do not rush your meals and make sure you are sitting upright in a comfortable position. A Speech and Language Therapist can give you more advice about techniques to assist safe swallowing.
- Do not eat if you are very tired. Try to have a nap and eat when you feel refreshed.

## Constipation

This may be a problem if you cannot drink enough fluid or eat enough fibre or if you are only eating small amounts of food. Try to drink 8 cups of a variety of fluid per day. Introduce high fibre foods gradually into your diet:

- wholegrain cereals e.g. porridge, Weetabix, Ready Brek
- red lentils - mashed
- stewed or tinned fruit especially prunes, apricots, figs - liquidized and sieved

**Do not use natural bran unless advised to do so by the dietitian**

## **Meal suggestions (please see guidance on how to prepare foods as above)**

### **Breakfast:**

Fruit juice-apple, orange, pineapple, grapefruit juice (no bits) or milk shake, fruit smoothie, drinking yoghurt, milkshake

Thick, smooth porridge, Ready Brek (made with milk), Weetabix well soaked in warm or cold milk.

Mashed banana or puréed fruit.

### **Snack meal:**

Strained smooth/cream soups.

Mashed macaroni cheese, moist scrambled eggs, cauliflower cheese, tinned spaghetti or ravioli with grated cheese, jacket potato (do not eat the skin) with soft filling e.g. melted cheese, cream cheese, tuna (well mashed in mayonnaise), houmous, taramasalata, smooth guacamole.

Smooth thick and creamy yoghurt

### **Main meal:**

Tender casseroles, shepherd's pie, lasagne, cannelloni, pasta bolognese, poached fish in parsley sauce, fisherman's pie, mashed red lentils, dhal. These dishes will need to be mashed and mixed with a very thick sauce.

Well cooked, mashed carrots, swede, turnip, cauliflower, broccoli, tinned, frozen or fresh.

Mashed potato, well cooked pasta with extra thick sauce.

### **Dessert:**

Milk puddings e.g. rice, tapioca, semolina, mousses, blancmange, ice cream, sorbet, sponge pudding soaked in custard, smooth fruit yoghurt, fromage frais, crème caramel, egg custard, stewed fruit and custard, mashed banana and whipped cream, instant whip type.

**Be aware of ice cream/sorbet, jelly or fluids such as soups. Do not have if you have been advised to have thickened fluids by your Speech and Language Therapist (SLT). Ensure no fluids are less than the prescribed level of thickness.**

## **Ready made meals**

If you have difficulty cooking or are too tired, there are many ready prepared foods that are soft and also nutritious. These can be purchased from local shops and supermarkets. Remember dishes that contain meat or chicken will need to be minced and mixed with a very thick gravy or sauce.

### **Tinned foods**

Minced beef in gravy, chicken in sauce, spicy meat balls, bolognese sauce, ravioli, macaroni cheese

### **Chilled or frozen dishes**

Shepherd's pie, beef in wine, goulash, fisherman's pie, chicken korma, vegetarian cottage pie, spinach and ricotta cheese cannelloni, tortellini in sauce, spaghetti bolognese, cauliflower cheese

## Meal Delivery Services

These companies can deliver minced and moist meals to your home:

### Appetito

Phone: 01225 562627 Website: <https://www.apetito.co.uk/meals-on-wheels/>

### Hertfordshire Independent Living Service (HILS)

Phone: 0330 2000103 Website: <https://hertsindependentliving.org/meals/>

### Simply Puree

Phone: 0191 4560456 Website: [www.simplypuree.co.uk/](http://www.simplypuree.co.uk/)

### Wiltshire Farm Foods:

Phone: 01923 491188 Website: [www.wiltshirefarmfoods.com/](http://www.wiltshirefarmfoods.com/)

### Useful contacts:

The Stroke Association

Tel: 020 7566 0300 [www.stroke.org.uk](http://www.stroke.org.uk)

Motor Neurone Disease Association

Tel: 01604 250505 [www.mndassociation.org](http://www.mndassociation.org)

Parkinsons Disease Society

Tel: 020 7931 8080 [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

MS Society of Great Britain

Tel: 020 8438 0700 [www.mssociety.org.uk](http://www.mssociety.org.uk)

IDDSI (International Dysphagia Diet Standardisation Initiative) [www.iddsi.org](http://www.iddsi.org)

Your Dietitian is:

Tel:

Your Speech and Language Therapist is:

Tel:

**Prepared by the Nutrition & Dietetic Service and the Speech & Language Therapy Departments**

Nutrition and Dietetic Service:

Howard Court, Welwyn Garden City, 01707 364345

Sandridge Gate Business Centre, 01727 732011

Speech and Language Therapy Department  
Lister Hospital 0300 123 7571

**Minced and Moist/Pre-mashed Diet – Level 5. Revised Sept 2018, review Sept 2020**

**How can I seek advice or make a compliment or complaint if I want to?**

You can speak directly to the staff on the unit.

You can contact the Patient Advice & Liaison Service (PALS) for Hertfordshire Community Health Services by phone or email. Opening hours are 10.00 am – 2.00 pm Monday – Friday but messages can be left outside these hours.

Free phone: 0800 011 6113

Email: [pals.hchs@nhs.net](mailto:pals.hchs@nhs.net)

Address: PALs  
Hertfordshire Community Health Services  
1a Howard Court  
14 Tewin Road  
Welwyn Garden City  
Herts AL7 1BW

A variety of information leaflets which may be useful during your admission are available in the leaflet rack on the unit.