

Level 5 - Minced and Moist Diet

Information for patients, relatives and carers

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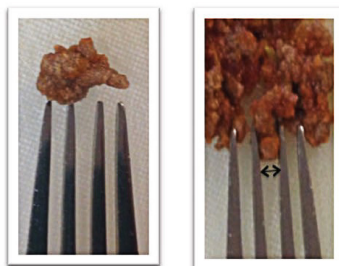


Description / Characteristics

- Soft and moist with no thin liquid
- Biting is not required
- Can be eaten with a fork or spoon
- Can be scooped and shaped (e.g. into a ball shape) on a plate
- Small lumps visible within the food
- Lumps are easy to squash with tongue
- Not of a sticky consistency.

Food Size

Pieces or lumps of food do not exceed 4mm.



Test Methods

Fork/Spoon test

- Foods should easily mash when pressed by a fork (with little pressure)
- Particles should easily separate and come through the prongs of a fork
- A scooped sample should hold its shape / mound on a fork / spoon.

Finger test

It is possible to easily hold a sample of this texture using fingers; small soft, smooth, rounded particles can be easily squashed between fingers. The material will feel moist and leave fingers wet.

Meal preparation tips:

- It is important that meals look attractive and appetising
- Where available use food moulds, scoops, potato scoop or pipe to separate the different components of the meal
- Ensure foods are well cooked and season to add taste
- To maintain their nutritional quality always mash foods with nutritious fluids, e.g. gravy, sauces, milk or juices.
- No regular dry bread due to high choke risk. See this link for instructions on how to make a level 5 Minced and Moist sandwich:

<https://bit.ly/3xrvp36>.

Check before serving/eating

- No hard pieces, crusts or skins have formed during cooking/heating/standing
- Fluid/gravy/sauce/c

Important

Sauces can be used to moisten the meal, and hold it together - ensure that any excess liquid is drained.

How to have a balanced diet:

To maintain health, it is important to eat a balanced diet, therefore try to include the following food groups and portions:

- Carbohydrates: e.g. potatoes, rice, pasta, and cereal (include a portion at each meal / 3 portions per day)
- Protein: e.g. fish, meat, chicken, eggs, lentils/pulses, meat alternatives, e.g. tofu or Quorn (2-3 portions per day)
- Fruit and vegetables: e.g. banana, strawberries, carrot, broccoli (5 portions per day)
- Dairy: e.g. cheese, yoghurt, milk or alternatives (3 portions per day)
- High fibre: e.g. oats and wholegrains and fruit (include a portion at each meal / 3 portions per day).

Meal ideas:

Breakfast:

- Soft fruit serve mashed (e.g. banana, tinned peaches, raspberries, stewed apple). Drain away any juice that has separated. Smooth yoghurt/fromage frais
- Weetabix, rice crispies or cornflakes with milk fully absorbed and soft fruit (drained and mashed into the cereal)
- Thick smooth porridge with small, soft lumps. or instant oats with milk
- Homemade smoothie (e.g. fruit, oats and milk)
- Scrambled, boiled or poached egg. Add to the egg - finely mashed and sauce added.

Light meals:

- Cream of soups (check fluid recommendations) with bread blended into the soup
- Omelette mashed with a cheese sauce
- Jacket potato filling mashed with tuna mayonnaise or cream cheese
- Tinned pasta meals e.g. ravioli, macaroni cheese, spaghetti bolognese
- Filling of a quiche mashed.

Main meals:

Ensure to have a portion of protein, carbohydrate and vegetables.

- Finely minced meats with very thick gravy
- Thick mashed stew or casserole
- Corned beef hash (mashed)
- Cottage/shepherd's pie (mashed)



- Soft pasta and sauce (mashed)
- Chilli con carne with rice (finely mashed)
- Chicken curry with rice (finely mashed)
- Lamb/chicken with soft noodles in a Dhal sauce
- Finely mashed fish in a thick sauce. Can be served with mashed vegetables (carrots, broccoli, cauliflower).

Make your own meals:

- Finely minced meat, chicken or alternative with sauces, e.g. white or cheese sauce, gravy, cranberry, mint or horseradish
- Finely masjed salmon with thick hollandaise sauce or white fish with parsley/butter sauce

Served with:

- Mashed potato, sweet potato or rice
- Mashed vegetables, e.g. carrots, cauliflower/cheese, broccoli, parnsips, mushy peas, butternut squash.

Desserts:

- Crème Caramel
- Mousse or instant whip
- Milk pudding e.g. rice pudding, semolina, sago, tapioca.
- Pots of yoghurts, 'muller rice'.
- Stewed or mashed soft fruit (drain away any juice that has seperated). Can be served with thick custard or cream
- Panacotta
- Fruit fool

- Cheesecake topping
- Egg custard filling
- Plain cake mashed with cream or custard
- Dunked and soaked plain biscuits.



What if I need to gain weight?

- Eat on a little and often basis
- Add additional double cream, sauces, butter, cheese, dried milk powder, or full fat milk or enriched milk to your meals and instead of your meals and desserts
- Add sugar, jam, honey or syrups to cereal and desserts
- Avoid all low fat or 'light' products
- Use full fat or thick and creamy food products
- Try to have a dessert or high calorie snack between meals
- Try to have a dessert, or pudding after main meals
- Avoid drinks just before meals
- Try to have milky/nourishing drinks between meals.



Getting help:

If you notice changes to your own swallow (eating / drinking), or that of an individual you support or care for, please contact your local Speech and Language Therapy Team for advice.

Doncaster Speech and Language Therapy Service

01302 796336

If you notice a reduction in appetite or weight, or that of an individual you support or care for, please contact your local Dietetic Team for advice.

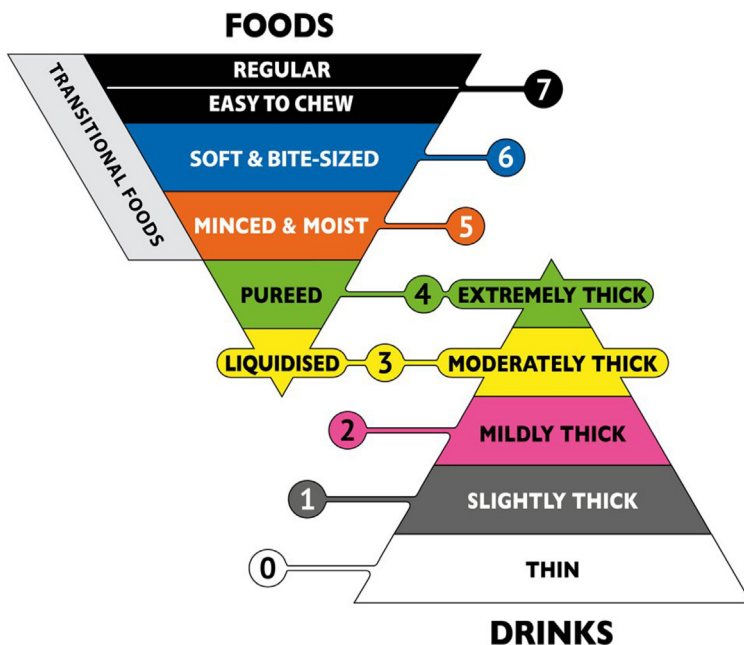
Doncaster Dietetic Service

01302 796410

Adult Learning Disability Team Speech and Language Therapy Service

01302 796467

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Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎ በትልቁ በብሬል ተጽፎ ወይም በቲፕ ተቀድቶ ወይም በሌላ ቋንቋ ተጽፎ ለግድግ የሚፈልጉ ከሆነ የበዙተኞች ምክርና ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ያጋጥሙ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة يرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم نەم زانیاریانە بە چاڵی گەورە، بە برایل یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلگەنامە بە زماڤێکی دیکی دەخوازیت، تکایە بەیوهندی بکە بە خزمەتگۆزاری زینمایی و هاوناھەنگی نەخۆشەو بە ژمارە 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیٹینٹ ایڈوائس اینڈ لیاؤن سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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