

Level 5 - Minced and Moist Diet

Information for patients, relatives and carers

5



RDaSH

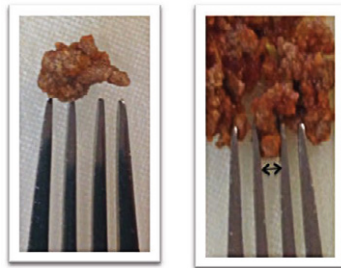
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Description / Characteristics

- Food is finely minced, mashed or chopped
- 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
- Meat must be pureed if it can not be finely minced.

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://www.youtube.com/watch?v=W7bOufqz18>

Check before serving/eating

- No hard pieces, crusts or skins have formed during cooking/heating/standing
- Fluid/gravy/sauce/coats the food, no separate thin liquid.

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, meat alternatives, e.g. tofu or Quorn (2-3 portions per day)
- Fruit and vegetables: e.g. banana, 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 served mashed (e.g. banana, tinned peaches, 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. 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 (chicken and other curry ingredients must be finely chopped)
- Lamb/chicken with soft noodles in a Dhal sauce (lamb/chicken must be finely chopped)
- 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 mashed salmon with thick hollandaise sauce or white fish with parsley/butter sauce.

Served with:

- Mashed potato, sweet potato or rice. Rice must be cooked soft and served with a sauce, the sauce must not separate from the rice
- Mashed vegetables, e.g. carrots, cauliflower/cheese, broccoli, parsnips, 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 separated).
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

03000 218996

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.

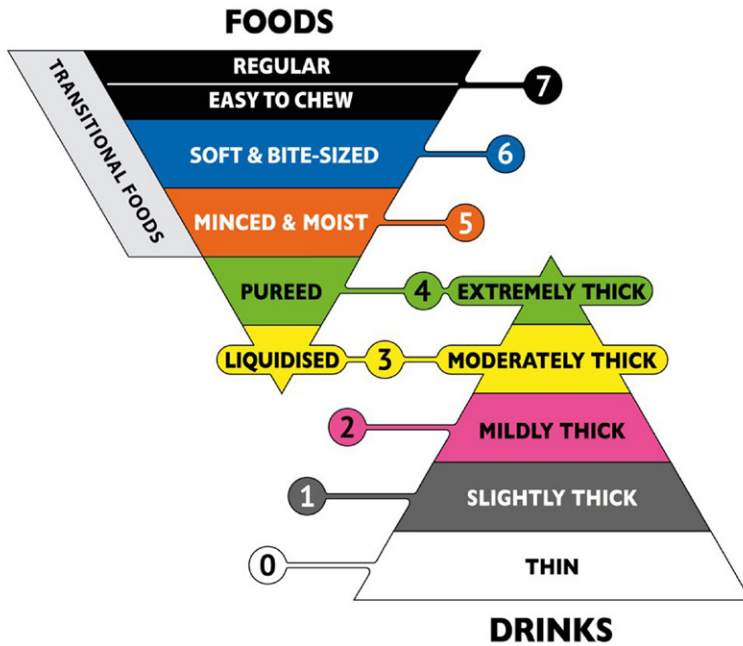
Doncaster Dietetic Service

03000 218996

Adult Learning Disability Team Speech and Language Therapy Service

03000 212878

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