

Minced and Moist Diet (Level 5)

Name:

DOB: NHS No.:

- Can be eaten with a fork or spoon.
- Can be scooped and shaped (e.g. into a ball shape) on a plate.
- Soft and moist with no separate thin liquid.
- Small lumps visible within the food – lump size 4mm (adult).
- Lumps are easy to squash with tongue.
- You may need a fork, a blender, a sieve, a mincer or potato masher.
- Before serving, check that no hard pieces, crust or skin have formed during cooking, heating or standing. Check that fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.
- Please refer to the Speech and Language Therapy report/guidelines for further information.

Breakfast Ideas	<p><u>Cereal:</u> Very thick and smooth with small soft lumps – 4mm lump size (adult). Texture fully softened. Any milk / fluid must not separate from cereal. Drain any excess fluid before serving.</p> <p><u>Fruit:</u> Serve mashed. Drain excess juice. Adult, 4mm lump size.</p> <ul style="list-style-type: none"> • Thick smooth porridge made from powdered oats and milk. Cream, honey, smooth jam (no bits), golden syrup or sugar could be added. • Wheat biscuits fully softened with milk which has been fully absorbed. • Smooth, thick full fat Greek yoghurt or smooth full fat Fromage Frais. • Moist scrambled egg made with cream or whole milk served with smooth very thick Hollandaise sauce. • Mashed boiled egg. • Plain egg omelette freshly made with no fillings or crispy edges. • Mashed banana or mashed tinned fruits, e.g. pears, peaches or mangoes (some tinned fruit is unsuitable, e.g. rhubarb, raspberries, apricots, grapefruit and fruit cocktail). Mash the fruit and drain any loose fluid.
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	<ul style="list-style-type: none"> • Stewed fruit e.g. apples or pears served with thick smooth yoghurt.
Main Meals	<p><u>Meat</u> Finely minced or chopped, tender mince – lump size 4mm (adult). Serve in extremely thick, smooth, non-pouring sauce or gravy. If texture cannot be finely minced it should be pureed.</p> <p><u>Fish</u> Finely mashed in extremely thick smooth, non-pouring sauce or gravy. Lump size 4mm (adult).</p> <p><u>Vegetables</u> Finely minced or chopped or mashed. Drain any liquid. Lump size 4mm (adult).</p> <p><u>Rice</u> Not sticky or glutinous and should <u>not</u> be particulate or separate into individual grains when cooked and served.</p> <ul style="list-style-type: none"> • A variety of thick smooth soups, e.g. sweet potato and butternut squash. These need to be pureed and sieved. • Finely mashed/flaked fish (no bones) in a very thick sauce e.g. white, parsley, cheese, crème fraiche. Serve with mashed potato, mashed carrot and mashed swede. • Finely minced skinless sausage meat or vegetarian mince with mashed potato and mashed carrots and parsnip, all served in a very thick gravy. Finely minced chicken or mashed corned beef could be also be used. • Very thick mashed stew served with mashed potato and mashed carrot. • Finely minced meat or vegetarian mince in a very thick smooth tomato or cream sauce with very well cooked mashed warm pasta (cold pasta is difficult to mash). • Finely minced meat, fish or mashed soft tofu in a very thick curry sauce. Serve with savoury ground rice or mashed potato. • Mashed tinned ravioli (beef or cheese in tomato sauce), mashed tinned macaroni cheese or mashed tinned spaghetti. • Skinless jacket potato mashed with butter and a thick moist filling, e.g. tuna or egg mayonnaise (the egg needs to be mashed well).
Side Dishes	<ul style="list-style-type: none"> • Mashed potato with cream, milk or cheese. • Root vegetables must be soft cooked and mashed. Avoid raw vegetables. • All other vegetables must be blended with a sauce. See exclusions below. • Pureed and sieved lentils with a sauce. • Well mashed avocado. • Savoury ground rice. • Savoury semolina pudding. • Very well cooked mashed warm pasta.

Desserts and Snacks

- Smooth pâté, e.g. liver, mushroom, avocado and cream cheese or smooth full fat houmous.
- Soft cheese e.g. goats cheese.
- Custard, Smooth Yoghurt (no bits), mousse, Instant Whip, blancmange.
- Crème caramel, egg custard (no pastry).
- Stewed and mashed fruit, e.g. apples, plums, pears or mangoes. Remove skins, pips, seeds and cores before stewing. Drain any loose fluid. For a fruit fool mix this with whipped cream.
- Mashed banana or tinned fruits, e.g. pears, peaches or mangoes (some tinned fruits are unsuitable, e.g. rhubarb, raspberries, apricots, grapefruit and fruit cocktail). Drain any loose fluid. This could be served with thick custard.
- Thick rice pudding or semolina made with coconut milk, sugar, honey, butter, whole milk or cream. Ground cinnamon, ginger or nutmeg could be added for flavouring.
- Smooth cheesecake (without the biscuit base) mashed with a very thick sauce made from pureeing and sieving fruit, e.g. mango.
- Mashed sponge cake served with thick custard or cream.

Please note, some foods do not mash well and will need to be avoided, such as:

- Food with skins and husks, e.g. oranges, celery, green beans, peas, sweetcorn, sausages.
- Stringy and floppy foods e.g. green beans, lettuce, cabbage.
- Battered and breaded food.
- Sticky foods e.g. cheese chunks, marshmallows.
- Raw vegetables and some raw fruit with pips/ seeds.
- Sorbets, jelly and ice-cream should be avoided unless advised by a Speech and Language Therapist.

Speech and Language Therapist:

Date:

Contact details: