



Minced & moist diet

Information for patients,
relatives and carers

Speech and Language Therapy (SLT)

My **speech therapist's** name is: _____

Telephone number: _____

SLT recommendations

- _____
- _____
- _____
- _____
- _____

Dietetics

My **dietitian's** name is: _____

Telephone number: _____

Dietary recommendations

- _____
- _____
- _____
- _____
- _____

Berkshire Healthcare Speech & Language Therapists 0118 938 2136

Berkshire Healthcare Dietitians

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Why do I need to have a minced and moist diet?

Your swallow has been assessed by a qualified speech and language therapist. The assessment revealed that if you eat food that is not minced and moist you will be at increased risk of one or more of the following:

- Choking/coughing.
- Repeated chest infections.
- Pneumonia.
- Weight loss.

What is a minced and moist diet?

- Can be eaten with a fork or spoon
- Can be scooped and shaped on a plate
- Small lumps (maximum size =4mm)
- Lumps are easy to squash with tongue
- Meat and fish should be tender and finely minced or chopped. This should be served in very thick, smooth, non-pouring sauce or gravy. If this texture cannot be achieved, meat should be puréed*.
- Hard cheese should be fully melted into hot dishes.
- Lentils and beans should be well cooked and mashed or sieved to remove husks
- Regular bread should be avoided unless specific recommendations have been provided by your speech and language therapist (SLT).

How to test if food is suitable

- Fork and spoon pressure – when pressed with a fork, food easily comes through the prongs of a fork. Food is easily mashed with a fork.
- Spoon tilt – will hold its shape on a spoon. A spoonful may slide or pour from a spoon when it is turned sideways or slightly shaken.
- Fork prong – minced pieces are the correct size if they can fit in between the gaps of the fork prongs.

Tips for safe eating and drinking

- Follow any advice you have been given by your speech and language therapist and dietitian.
- Sit upright while eating. Do not lie back or lie down whilst eating or drinking.
- Keep any distractions to a minimum while you are eating or drinking. Turn off the TV and don't talk while eating or drinking.
- Take your time, do not hurry.
- If you feel tired, stop eating. It is better to have smaller, more frequent meals throughout the day rather than one large meal.

Warning signs

If you experience one or more of the signs below please contact your speech and language therapist:

- Choking, coughing and/or throat clearing during or soon after eating and drinking.
- Breathing problems or change in skin colour when eating and drinking.
- A wet or gurgly voice after swallowing food or drinks.
- Recurrent raised temperature (i.e. signs of a fever).
- Frequent chest infections.
- Frequent urine infections.
- Loss of food or drink from your mouth.
- Pouching of food in your mouth.
- Weight loss.



*Best way to purée food

To achieve a smooth pureed consistency use a powerful food processor or a good quality hand blender. You may have to soak cereals overnight and slow cook meat until very soft and tender before blending. Use a sieve to remove any lumps or skins. Always ensure any liquid is blended into the food and do not separate. Use caution when using a potato masher or ricer as these may allow lumps and grains/husks to get through. For a smooth consistency always sieve food when using the latter.

Eating a balanced diet will help to provide the nutrients that your body needs. Try to have variety of foods every day, including some from each of the food groups in the following table.

Minced and moist diet suggestions



Meat, poultry and eggs

- Casseroled skinless sausage and vegetables, mashed.
- Scrambled eggs, mashed
- Bolognaise/curry/dahl and soup.
- Smooth meat or fish pâté mashed into full-fat cream cheese or plain full-fat yoghurt.

Avoid: Roast meat, fried mince, meat chops, gristle and fatty/stringy meat, thin fluids (to achieve texture as this will impact upon the calorific value).



Fish and seafood

- Mashed, poached fish served in butter or parsley sauce.
- Finely mashed tuna mayo.
- Cream cheese / smooth salmon mousse (no bones).
- Smooth meat or fish pâté mashed into full-fat cream cheese or plain full-fat yoghurt.
- Taramasalata.

Avoid: Fish with bones and skin.



Lentils and beans

- Puréed lentil curry.
- Mashed, bean stew.
- Add lentils and beans to soups/casseroles.
- Use as dips/sauces (e.g. hummus).

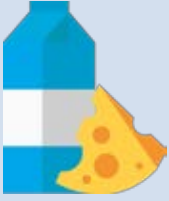
Avoid: Beans with tough skins, sweetcorn, peas, broad beans.



Fruit and vegetables

- Mashed, root vegetables with gravy or cheesy/cream sauce.
- Soup.
- Mashed, steamed cauliflower or broccoli, with gravy or cheese sauce.
- Mashed, casseroled vegetables / bubble and squeak (potato and softly cooked sprouts).
- Mashed apple/banana or soft stewed fruit.
- Mashed soft avocado with full-fat cream cheese.
- Mashed, seedless fruit with yoghurt.
- Tinned peaches/pears (mashed or
- Use puréed tomatoes or better still, passata.

Avoid: Vegetables with non-removable skin, seeds, stalks or fibres, e.g. celery, sweetcorn, peas, fruit juices with bits, tomatoes with skins and pips



Cheese and dairy products

- Cottage cheese/soft cream cheese.
- Soft cheese triangles.
- Plain and flavoured yoghurt/crème fraîche.
- Double cream.
- Béchamel / cheese sauces.
- Fortified milky drinks.
- Smooth thick and creamy yoghurt or fromage frais.

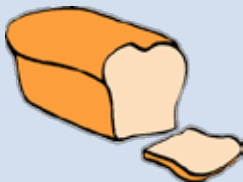
Avoid: Hard or uncooked cheese, stringy cheese. Yoghurt with fruit bits or muesli.



Rice and cereal

- Weetabix, Shreddies, porridge or Bran Flakes well soaked in hot milk, Ready Brek, instant porridges.
- Ground rice pudding.
- Non-sticky rice e.g. basmati/wild rice, mashed with curry sauce.

Avoid: Muesli, granola, cereals with dried fruit, nuts and seeds. Avoid sticky or glutinous (particularly short grain) rice.



Bread

- Pre-gelled 'soaked' open sandwiches (***please speak to your SLT or dietitian about pre-gelled bread***) that are very moist and gelled through the entire thickness with minced and moist filling such as: Tuna/egg mayo, Marmite, Avocado, Nutella.

Avoid: Regular / dried bread.



Desserts

- Ground rice/semolina pudding.
- Trifle with soft raspberries
- Tinned raspberries/strawberries with whipped cream.
- Mashed sponge cake/crumble soaked in custard.
- Fruit mousse or fruit fool or soft/poached pears (mashed).
- Thick smooth chocolate sauce or chocolate spread, with smooth plain full-fat yoghurt.
- Milk pudding, e.g. custard/chocolate pudding/crème caramel/blancmange/Angel Delight.

Avoid: Muesli, granola, cereals with dried fruit, nuts & seeds. Avoid sticky or glutinous (particularly short grain) rice. Avoid crumbly, dry bases or toppings.

SAMPLE MENU PLAN

Breakfast

Porridge, well-soaked Weetabix, Ready-Brek, glass of milk or hot chocolate.

Fortify by adding cream / sugar / honey / smooth peanut butter or full-fat yoghurt and adding skimmed milk powder or cream to drinks.

Mid-morning snack

Chocolate mousse or instant whip.

Fortify by adding double cream or whipped cream.

Lunch

Tender fish mashed with a cream and parsley sauce served with a selection of mashed vegetables (broccoli, sweet potato etc.)
Blancmange or crème caramel.

Fortify by adding butter and full-fat cream cheese into mashed vegetables.

Mid-afternoon snack

Mashed stewed fruit and thick yoghurt or mashed avocado and full-fat cream cheese.

Milkshake / smoothie or juice drink.

Fortify by adding seedless jam or honey to yoghurt or add whipped cream to sweet dessert.

Evening meal

Lentil curry or shepherd's pie and a selection of mashed vegetables.

Fortify by adding coconut cream/double crème, crème fraîche to curries and vegetable mash.

Before bed

Have nourishing milky drinks: Malted drink made with whole milk (blue top), use double cream or skimmed milk powder to fortify.

Making the most of what you eat:

If you need to gain weight, have a poor or small appetite, you may need to change your diet to make sure that you are getting all the energy and protein your body needs. Enriching or fortifying your meals involves adding extra calories and protein such as cheese, cream, butter etc. See 'helpful tips' below.

Please choose foods suited to your taste and texture as recommended by your speech and language therapist.



How to have a fortified diet (high calorie; high protein)

- ***Eat 'little and often'***: Try small, nourishing meals, snacks and drinks every 2-3 hours throughout the day.
- ***Fortify your milk***: add 2-4 heaped tablespoons of dried skimmed milk powder and blend into 1 pint whole milk. Chill in the fridge and then use on cereals, in porridge, to make up sauces, soups, desserts, jellies, milky drinks etc.
- ***Add dried skimmed milk powder*** to soups, cups of tea/coffee or hot chocolate, milk puddings, custards, mashed potatoes: try adding 2-3 teaspoons per portion of food.
- ***Add margarine, cheese, mayonnaise or oils*** into savoury options such as mashed swede/potato or sweet potato, pasta dished or pre-gelled sandwiches.
- ***Choose full-fat and full sugar products*** instead of 'diet'/ 'reduced/low fat', 'low sugar' to give you extra calories.
- ***Add cream or evaporated milk*** to soups or puddings e.g. stewed / canned fruits, custard, rice puddings etc. Serve jam, honey, sugar or syrup to milky puddings, cereals, drinks and desserts. Ensure these are well blended and mixed.

How to add 100 calories to any meal, snack or drink

Each of the below suggestions add approximately 100 calories to a meal or snack. Aim to choose at least 4-5 of the suggestions below to achieve an additional 400-500 calories daily.

(If you need to gain weight or have trouble eating a regular meal pattern speak to your dietitian for more specific and tailored advice.)

Sweet options:

- 1 heaped tbsp. of sugar
- 1 small pot full-fat yoghurt
- 1½ tbsp double cream
- *2 tbsp chocolate sauce
- 2 tbsp golden syrup
- 2 tbsp lemon curd
- 2 tbsp condensed milk
- 2 tbsp honey
- 2 scoops of ice cream

Savoury options:

- 1 tbsp of mayonnaise
- *1 tbsp of smooth peanut butter
- 1 tbsp olive or vegetable oil
- 2 cubes of butter
- *2 tbsp pesto
- 2 tbsp salad cream
- *2 tbsp hummus/ tahini (sesame seed paste)
- 2 heaped tbsp dried skimmed milk powder

**Not suitable if you have a peanut/seed/pine nut allergy. Always read labels to ensure products are safe to consume. Some chocolate sauces contain nuts, e.g. Nutella.*

In accordance with the International food and fluid descriptors labelled IDDSI May 2018 (www.IDDSI.org)

Department: Adult Speech & Language Therapy, January 2020
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