

Minced & Moist diet

The 'Minced & moist diet Options on this diet sheet are **NOT intended for people with an identified or diagnosed risk of choking or exhibiting unsafe mealtime behaviours.**

This leaflet is intended to support people who have **temporary chewing difficulties** caused by; among other factors: mouth ulcers, poor dentition, sore/tender mouth and throat due to side effects of radio/chemo therapy and other invasive surgical interventions.

Always consult with your Health Care Professional if you suspect swallowing difficulties or contact your Speech and Language Therapist if you have been diagnosed with DYSPHAGIA (unsafe swallow) and if you have been placed onto the appropriate *IDDSI Level food/fluid diet. Should this be the case then **this leaflet is NOT appropriate for you.** (*International Dysphagia Diet Standardisation Initiative)

Eat Little and Often

Try to have 3 meals each day plus 3 snacks and nourishing drinks between meals. If you cannot eat a full meal, eat a small amount every 2-3 hours eg have 5 - 6 small meals per day.

Eat what you fancy and if your appetite is better at certain times of the day, aim to eat more at these times. Cold foods can sometimes be more appetizing than hot foods. Ready meals & puddings can be easier to prepare and are just as nutritious

Choose foods and drinks that are 'nourishing' i.e. high in calories and protein such as 'whole' milk and other full fat dairy products. See the below of ideas on how to enrich your meals and drinks

Minced and moist consistencies:

- Food is easily mashed with a fork.
- Can be eaten with a fork or spoon
- Small lumps that are easy to squash with tongue
- Have extra sauces and gravy added

Nutritious Drink Recipes



Aim to drink 6 to 8 cups of fluid each day. Whilst fluids such as water and squash are hydrating, they are not high in calories and may make you full. Include at least two nourishing drinks each day prepared with full fat milk.

Make drinks with a full cup of whole or fortified milk e.g. hot chocolate, malted drink (Ovaltine™, Horlicks™), coffee or tea. Add extra cream, chocolate flakes/buttons or marshmallows for even more calories! Try shop-bought milkshakes or smoothies, usually located in the refrigerator aisle.

Milkshake recipe

250ml full fat (whole) milk, 3 level tablespoons (18g) milk powder, 4 teaspoons (16g) milkshake powder (e.g. Nesquik™ or supermarket-own brand) **Method:** Mix all ingredients together, blend until smooth. Serve chilled.

Fortified Milk Recipe – use instead of regular milk in your drinks, cereals and in cooking

1 pint of whole milk (blue top)

4 level tablespoons (24g) of milk powder e.g. Marvel® (skimmed) or Nido® (whole milk powder) or supermarket brand

Method: Mix the milk powder with a small amount of milk. Whisk in the rest of the milk, use!

For a nutritious breakfast drink – Add soaked oats or Weetabix and banana to the above and blend

Savoury Meal and Snack Ideas:

Meat and fish should be tender and finely minced or chopped. This should be served in very thick smooth sauce, gravy, bolognaise, curry or dahl

Slow cooked casserole beef, lamb, chicken or pork, liver and bacon casserole, skinless sausage and vegetables. Scrambled eggs.

Poached fish served in butter or parsley sauce. Fishcake or fish fingers and parsley sauce.

Finely mashed tuna mayo.

Smooth meat or fish pâté mashed into full fat cream cheese or plain full fat yoghurt.

Soft cream cheese. Hard cheese should be fully melted into hot dishes.

Béchamel / cheese sauces.

Root vegetables with gravy or cheesy/cream sauce.

Soup – fortified with cream, butter and melted cheese

Steamed cauliflower or broccoli, with gravy or cheese sauce, mashed avocado

Mashed potatoes or sweet potatoes

Lentils and beans should be well cooked and mashed or sieved to remove husks

Non-sticky rice e.g. basmati/wild rice, mashed with curry sauce.

Avoid: Fish with bones and skin, roast meat, fried mince, meat chops gristle and fatty/stringy meat

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

Sweet Snack Ideas:

Weetabix, Shreddies, porridge or Bran Flakes well soaked in hot milk, Ready Brek, instant porridges.

Ground rice/semolina pudding.

Trifle with soft raspberries

Tinned raspberries/strawberries with whipped cream.

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.

Enrich your Food and Drink

Adding small amounts of high calorie foods to your normal food and drink will help boost the nutritional content without increasing the portion size. This is known as **food fortification and can be put in place in the event you need to gain weight or stop further weight loss.**

Food fortification ideas:

- **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
- **Add butter and/or cheese to** potato (boiled, mashed or jacket), soups, sauces and vegetables
- **Add margarine, cheese, mayonnaise or oils** into mashed swede, potato or sweet potato,
- **Add honey, sugar or jam** to porridge, well-soaked cereals, drinks, desserts, custard or yoghurts

Other foods you can add include: salad cream, ghee, coconut cream, stewed fruit, creamy sauces, chocolate spread, ice cream, jam, fruit compote, golden syrup, evaporated or condensed milk, peanut/almond or other nut butters and flours, dried skimmed milk powder, lemon curd, chocolate sauce, ice-cream, pesto, hummus.

Leaflet given out by _____ Contact number: _____

This leaflet is not suitable for use in someone with a diagnosed unsafe swallow / Dysphagia.