



MINCED AND MOIST

Level 5

**THIS BOOKLET CONTAINS IMPORTANT INFORMATION
ABOUT YOUR EATING AND DRINKING.**

It is designed to give you practical guidance to help you follow
the advice you have been given by the Speech & Language
Therapist and Dietitian.

Provided by Worcestershire Acute Hospitals NHS Trust and Worcestershire
Health and Care NHS Trust

INTRODUCTION

This booklet is designed to give you practical guidance to help you follow the advice you have been given by the Speech & Language Therapist (SLT) and/or Dietitian.

WHAT ARE SWALLOWING PROBLEMS?

Swallowing problems are known as **dysphagia** which can affect the ability to eat and drink.

You may have been assessed by a Speech and Language Therapist who recommended you have **minced and moist** food.

A Dietitian can give you advice on how to achieve a balanced diet.

Changing food and drink consistency

- Modified textures (consistencies) may help you swallow more easily and safely. An SLT will assess your swallow and let you know the most beneficial consistencies of food and drink for you.
- This reduces the likelihood of food going the 'wrong way' and entering the lungs (aspiration), rather than the stomach. This can result in coughing, choking and/or chest infections.

Where to find more information about creating modified texture diets:

- Altered food and drink consistencies are given labels called 'Levels' with a number (eg: Level 1, Level 5) to help you know exactly what type of food and drink is safest. This labelling system is called IDDSI.
- The IDDSI website <https://iddsi.org/> has more information on different food consistencies, including information for people who are preparing the food.

ADVICE TO ENCOURAGE SAFER EATING AND DRINKING

Mouth Care

- Your mouth should be clean and moist. If you usually have a dry mouth, discuss this with your Doctor and/or Speech and Language Therapist.
- If you have dentures, they should be worn while eating (provided they fit well). You may wish to consider dental fixative.
- Ensure mouth, teeth and/or dentures are cleaned at least twice daily.

Positioning

- Preferably sit out in a chair to eat or drink.
- If in bed, sit so you are not leaning to the side or slumped over. Use pillows, if needed, to support you and maintain a straight upright position.
- Your head and chin should be in a central position, not tipped sideways, backwards or forwards. Unless otherwise specified by your SLT.

Pacing

- Take the time you need, do not rush.
- Swallow each mouthful before taking the next. Don't overfill your mouth.
- Take a single sip at a time. Don't gulp the drink.

Utensils

- Use normal cups and beakers unless otherwise recommended. Your SLT may advise you whether it is appropriate to use straws, spouted cups or adapted drinks containers.
- You may benefit from equipment that makes eating and drinking easier (e.g. plate guards, adapted cups and cutlery, non-slip mats). This equipment can be bought online, or you may wish to consult an Occupational Therapist about what equipment might help.

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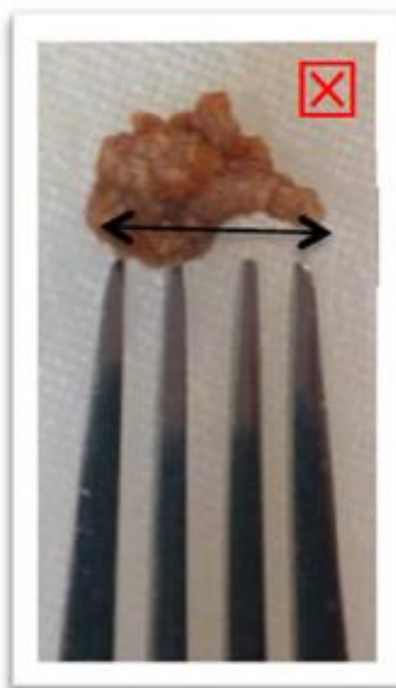


4mm

- Food is soft, moist and tender.
- Can be eaten with a fork or spoon.
- Should have no liquid leaking/dripping from the spoon
- Must be finely mashed/minced to approximately 4mm pieces. Roughly the standard size gap between the prongs of a fork (see picture below).
- Food can be mashed with a little pressure from a fork.
- It should slide easily off the spoon or fork (not stick to the utensil).
- Does not require biting.
- Needs very little chewing.
- Food is not hard, chewy, dry or crumbly

Fork test:

Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



How to prepare minced and moist food:

- Select foods without skins, for example, chicken fillets, skinless sausages or sausage meat.
- Meat should be finely minced or chopped (4mm).
- If meat cannot be finely minced it should be pureed.
- Add a liquid like milk, juice, sauce, stock or gravy (not water as it dilutes the taste and goodness in the food).
- Cook well until tender.
- Mash the cooked food well, ensuring lump size no bigger than 4mm.
- Check that no crusts/skins have formed during cooking or cooling.
- Check that foods haven't thinned out or any liquid within the food has not separated out.

How to present minced and moist food:

Prepare each food item separately and keep the items separate from each other on a plate.

Alternatively, pre-prepared food can be purchased from suppliers such as those listed on page 11.



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Meal Suggestions	
Breakfast	· Ready Brek, smooth porridge, halwa (without puri). · Weetabix (ensure it is well soaked in milk but no excess fluid). · Thick yoghurt. · Mashed or stewed fruit, serve with yogurt. · Scrambled or mashed boiled egg. · Mashed smoked haddock with plenty of butter.
Main Meals	· Mashed pasta with sauce e.g. macaroni cheese, ravioli, Bolognese. · Mashed vegetable or mince curry with a thick sauce (no rice). · Dahl. · Mashed fish with plenty of sauce. · Mashed broccoli/cauliflower with cheese sauce. · Smooth thick soups (adding potato can help to thicken it). · Corned beef with a thick sauce or gravy. · Any meat or poultry – minced very finely (approximately 4mm pieces) with a thick gravy or sauce. · Meat or vegetable stews e.g. bigoss, gulasz, nihari (meat and veg minced/mashed and in thick sauce/broth). · Mashed potato – can add cheese, butter, cream, gravy, cream/soft cheese. · Khichdi. All meals can be served with mashed vegetables e.g. carrot, swede, broccoli, parsnips, cauliflower.

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Meal Suggestions	
Desserts	· Yoghurt/mousse/custard/instant whip. · Pureed fruit (no skins, seeds or pips) with custard. · Panna cotta. Tiramisu. Crème caramel. · Cheesecake (without biscuit base). · Mashed banana with custard. · Rice pudding. · Mashed cake with custard or cream. · Kheer cooked until soft and rice grains not whole.
Snacks	· Smoothie. · Cheese spread. · Smooth paté. · Lassi. · Smooth thick soup. · Smooth avocado. · Hummus. · Egg mayonnaise, tuna/salmon mayonnaise. · Mashed banana or cake with custard. · Ryz z jabłkami (rice softened/pureed, apples soft and mashed)

You may find it easier to 'batch' cook, producing several portions at the same time and storing appropriately (e.g. freeze) to use at a later date.

Be careful of excess liquid when food items are defrosted and ensure this is mixed into the food thoroughly or removed.

How to improve flavours:

The taste of your food is important, here are some ideas to make your food more appetising:

Savoury	Sweet
· Salt/pepper · Curry powder · Herbs/spices · Garlic · Lemon · Tomato sauce/puree · Cheese or parsley sauce · Gravy granules · Worcester sauce	· Coffee · Cocoa/drinking chocolate · Honey · Seedless jam · Lemon curd · Fruit syrups · Squash · Cinnamon · Ginger · Nutmeg



What to do if you are losing weight or underweight?

- Use full fat products, e.g. whole milk instead of skimmed or semi-skimmed.
- Try 'little and often' – aim for 3 small meals a day and 3 snacks
- Have nourishing snacks between meals.
- Have nourishing drinks between meals (fortified full fat milk, hot chocolate, malted milk drinks).

Food fortification:

You can fortify foods to boost nutritional content to help prevent weight loss or promote weight gain.

- Fortified full fat milk - add 2-4 tablespoons of skimmed milk powder to 1 pint of full fat milk (this can be used in cooking e.g. in mashed potatoes, sauces, porridge and puddings or to drink).
- Add grated cheese to foods like mashed potatoes, scrambled eggs, soups.
- Add double cream to foods e.g. soups, potatoes, porridge.
- Add honey/jam/sugar/syrup to foods.
- Add butter/spread or oil such as olive/rapeseed oil foods e.g. potatoes, vegetables, scrambled eggs.

If you continue to lose weight your GP may refer you to a Dietitian.

How to have a healthy balanced diet

- Fruit and vegetables: aim to have 5 portions per day, includes fresh, frozen or tinned.
- Milk and dairy foods: aim to have 3 servings per day.
- Protein: (meat, fish, eggs, beans and other non-dairy sources of protein), aim to have 2-3 servings per day.
- Carbohydrates: (bread, rice, pasta, potatoes and other starchy foods), aim to have 3-5 servings per day.
- Food and drink high in fat and/or sugar: if overweight, limit these foods, if underweight these foods can help you gain weight, therefore include more in your diet.

Supplements

If you have tried food fortification and are still losing weight or are unable to gain weight, you may need to trial oral nutritional supplements.

These can be purchased from a chemist or pharmacy (e.g. Complan, Meritene or Aymes soups/shakes). Please be cautious if you are on thickened fluids as these over the counter supplements may not be the correct thickness for the IDDSI level you have been recommended. Please speak to your GP, Dietitian or Speech and Language Therapist for further information if needed.

IDDSI picture (page 4) from:

http://ftp.iddsi.org/Documents/Complete_IDDSI_Framework_Final_31July2019.pdf

USEFUL INFORMATION—some options for food suppliers



Simply Puree

Tel: 0191 456 0456

<https://simplyfoodsolutions.co.uk/simply-puree/>



Apetito

Tel: 01225 234509

<http://www.apetito.co.uk/>



NH Case Ltd

Tel: 01963 828900

<http://www.nhcase.com/>



Oak House Foods

Tel: 0333 370 6700.

<https://www.oakhousefoods.co.uk/>



Wiltshire Farm Foods

Tel: 0800 077 3100

<https://www.wiltshirefarmfoods.com/>



Mrs Gills Kitchen

Tel: 020 8807 6584

<https://mrgills.co.uk/>

Other providers are available

USEFUL CONTACTS

SPEECH AND LANGUAGE THERAPY

Acute adult service—Worcestershire Acute Hospitals NHS Trust

Covering the Alexandra Hospital, Redditch and Worcester Royal Hospital.

Telephone: 01905 760 475

Email: wah-tr.SpeechLanguageTherapy@nhs.net

Community Adults—Worcestershire Health and Care NHS Trust

Covering the community; including rehabilitation wards and places of residence, e.g. home, nursing/care homes.

Telephone: 01905 681 049

DIETITIAN

Acute Service—Worcestershire Acute Hospitals NHS Trust

Covering the Alexandra Hospital, Redditch, Worcestershire Royal Hospital and Kidderminster Hospital.

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Community Dietitian—Worcestershire Health and Care NHS Trust

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