

# Information for a Minced and Moist Diet

International Diet Descriptor Level **5**



The medical term for swallowing difficulties is 'dysphagia'.

Dysphagia occurs due to a number of medical and surgical conditions such as neurological disorders, head and neck conditions, swallowing difficulties after surgery, frailty, and respiratory disorders.

Speech and Language Therapists (SLT) assess swallowing difficulties and advise on the most appropriate diet consistency.

## Why has a Minced and Moist Diet been recommended?

### A Minced and Moist Diet may be recommended because:

- You have difficulty chewing larger pieces of food
- You have weakness or incoordination of the muscles of the mouth and/or throat
- You have difficulty clearing food residue
- You have fatigue issues
- You are at risk of choking
- There is the risk of your food going 'down the wrong way' i.e. into the lungs. This is called aspiration

## What does a Minced and Moist Diet look like?

### Food should:

- Be soft and moist with no separate thin liquid
- Have soft lumps visible within the food; 4mm lump size maximum (should fit between the prongs of a fork)

- Require minimal chewing
- Can be eaten with a fork or spoon
- Can be scooped and shaped on a plate
- Have lumps which are easy to squash with tongue

## **Fork test**

The best way to find out whether your food is suitable is with a fork test.

When pressed with a fork the particles of food should come through the prongs. If foods do not pass this test, they are not suitable.

## **Breakfast ideas**

- Porridge or Ready Brek
- Weetabix (well soaked – no loose milk)
- Well mashed banana
- Smooth yoghurt or fromage frais
- Egg (scrambled, poached, boiled) well mashed and sauce added
- Well mashed stewed fruit with yoghurt
- Smooth breakfast drinks (dependent on fluid thickness recommendations – please see advice from your Speech and Language Therapist)

## **Main meal ideas**

- Well mashed flaked fish in extremely thick, smooth, non-pouring sauce
- Well mashed overcooked pasta in extremely thick, smooth, non-pouring sauce
- Pureed or finely minced meats in extremely thick, smooth, non-pouring sauce
- Well mashed skinless sausages
- Thick, smooth dahl
- Eggs (see breakfast ideas)

## Potatoes and vegetables

- Well mashed, well cooked potato or root vegetables (can add soft filling e.g. well mashed tuna mayonnaise)
- Well mashed, well cooked vegetables.

## Desserts and snack ideas

- Angel Delight
- Mousse
- Thick custard
- Pureed semolina, rice or other milk pudding
- Well mashed stewed fruit and custard
- Smooth fruit fools
- Plain cake well mashed with custard or cream
- Thick smooth soup (dependent on fluid thickness recommendations – please see advice from your Speech and Language Therapist)
- Well mashed banana
- Well mashed avocado
- Smooth dips e.g. taramasalata

If you have any queries or require further advice then please do not hesitate to contact the Speech and Language Therapy Department at:

**Royal Sussex County Hospital** 01273 696955 Ext. 4891 (Inpatients)  
**Eastern Road** Ext. 4931 (Neurosurgery)  
**Brighton** Ext. 4590 (Stroke)  
**BN2 5BE** Ext. 7211 (Head & Neck)

**Princess Royal Hospital** 01444 441881  
**Lewes Road,** Ext. 8057 (Inpatients)  
**Haywards Heath** Ext. 5770 (Sussex Rehabilitation  
**RH16 4EX** Centre)

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