

Patient information

Level 5 Minced and Moist Diet

Speech and Language Therapy

5 MINCED & MOIST

Food will need to be soft and moist, and should have only small lumps and bits within it. It needs very little chewing.

Following assessment of your swallow, you have been advised to have a Level 5 Minced and Moist Diet.

When correctly prepared, minced and moist food:

- Is mashed or minced.
- Requires very little chewing.
- Usually requires a thick sauce.
- Should not have any skin, bone or gristle.
- Should not be sticky e.g. peanut butter.
- Should not be floppy e.g. lettuce.
- Should not have any runny fluids or sauces.
- Should not have garnish.
- Should not have any hard pieces, crusts or skins.
- Small lumps should be visible but no bigger than 4mm x 4mm.
- This is the biggest any bits and lumps should be: ■
- Lumps should be easy to squash with the tongue



Food preparation:

- Cook food until it is soft.
- Remove skins or large seeds.
- Ensure all meat is minced / blended and cooked in a thick sauce.
- Cook vegetables until soft and then mash with a potato masher or fork.

The following foods are not suitable for people having minced and moist meals:

- Crunchy foods e.g. biscuits, crisps, flaky pastry.
- Vegetable and fruit skins e.g. tomatoes, peas, grapes, sweetcorn, beans.
- Stringy and fibrous foods e.g. lettuce, celery, pineapple.
- Mixed consistency foods e.g. rice crispies in milk, mince with thin gravy.
- Hard foods e.g. sweets, nuts, seeds.
- Pulses and legumes with skins would need blending e.g. chickpeas, butter beans.

If you have any allergies or specific requirements please consult your dietitian.

Advice to promote swallow safety:

- Ensure you are upright and alert for all meals and drinks.
- Stay upright for at least 30 minutes after every meal or drink.
- Try not to talk whilst eating and drinking.
- Take small mouthfuls of food or drink.
- Avoid distractions during mealtimes.

Examples of minced and moist foods

Category	Examples
Breakfast	Yogurt Weetabix mixed with warm milk (ensure milk fully absorbed so texture is thick) Thick ReadyBrek Mashed stewed fruit / squashed banana with yogurt Soft scrambled egg Soft and then mashed boiled egg Mashed smoked haddock with plenty of butter / cream / milk
Meats	Minced meat in a casserole Minced meat in a pie e.g. cottage or shepherd's pie Minced meat in a curry
Fish	Tinned or freshly cooked fish with no bones, mashed into small bits, served with a thick sauce
Other mains	Mashed pasta with thick sauces Thick soups with very small or no bits Corned beef hash
Vegetarian	Smooth hummus Crumbled tofu Lentils in thick sauce Jacket potato (mashed up with skin removed) Mashed cauliflower with sauce Grated cheese with sauce / mayo Soft cheese such as cream or cottage cheese
Fruit and vegetables	Mashed stewed fruit Mashed banana Mashed potato Soft cooked and then mashed vegetables e.g. cauliflower, broccoli, butternut, parsnips, swede, carrot Baked potato, mashed up soft, with butter or cream cheese
Puddings	Mousse Angel Delight Thick yogurt Mashed cake with custard or cream Squashed banana and custard Trifle Custard Rice pudding jam Ice cream - not suitable for those on thickened fluids
Snacks	Hummus Mashed avocado Tuna or egg mayo Pate, mashed up.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Speech and Language Therapy Department

Aintree Hospital

Telephone: 0151 529 4986

Text phone number: 18001 0151 529 4986

Broadgreen Hospital

Telephone: 0151 282 6318

Text phone number: 18001 0151 282 6318

Royal Liverpool Hospital

Telephone: 0151 706 2703

Text phone number: 18001 0151 706 2703

International Dysphagia Diet Standardisation Initiative (IDDSI)

<https://iddsi.org/framework/>

Author: Therapies Department

Review date: December 2024

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكرونيًا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوه‌ندیدار بهو نمخوشانه‌ی له‌لایمن تراستاموه په‌ساند کراون، نگمر داوا بکرنیت له فورمانکائی تر دا بریتی له زمانکائی تر، نیزی رید (هاسان خویندلموه)، چاپی گموره، شریتی دهنگ، هیلی موون و نعلیکترونیکی همیه.

所有經信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.