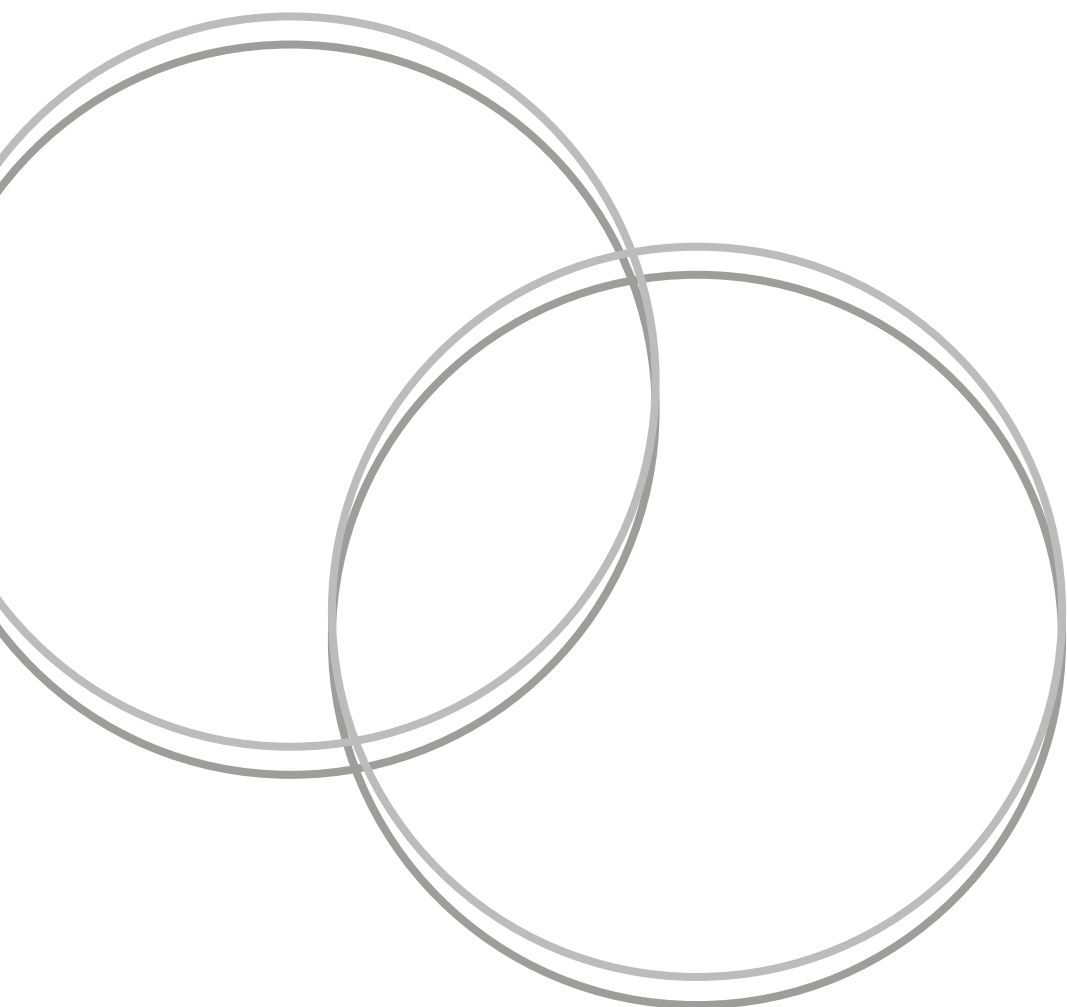


# **Modified Texture: Level 5 Minced and Moist Foods**



## Introduction

You may need to change the texture of your food and drink if you:

- have problems chewing or swallowing your food
- have a dry or sore mouth
- have a sore throat
- feel that food is getting stuck in your food pipe (oesophagus)
- cough during or after eating or drinking
- have a gurgly voice after eating
- have recurrent chest infections
- choke on certain food or drinks more than others.

The texture that you need will depend upon the problems that you are having when eating. This may change over time and your Speech and Language Therapist will be able to let you know if this is the case.

If you have been given specific advice about food textures or thickening fluids from a Speech and Language Therapist you must follow these guidelines for safety reasons.

Whatever texture you have been advised to have, it is important that you receive the nourishment that your body needs. This leaflet is designed to help you choose suitable foods that will keep you healthy and help your body to cope with any treatment that you need.

# A balanced diet

It is very important that your meals are well balanced to give you all the nutrients that your body needs. There are five different food groups that provide you with different nutrients as follows:

## 1. Bread, other cereals, potatoes, pasta and rice

These starchy foods provide your body with energy. They are also an excellent source of fibre and B vitamins and are cheap and easy to prepare.

## 2. Fruit and vegetables

Fruit and vegetables provide many vitamins including vitamins A, C and E. Fruit and vegetables also provide important minerals and fibre.

## 3. Meat, fish and alternatives

These foods provide protein that is essential for growth and repair. They are excellent sources of B vitamins, iron and zinc which are also important for wound healing.

## 4. Milk and dairy foods

These protein and energy rich foods are good sources of calcium that is needed for strong bones and teeth. Choose full-fat alternatives if your appetite is poor.

## 5. Foods containing fat or sugar

Fat is a very rich energy source and can be used to add extra calories to your food. This is particularly useful if you are eating less than normal. Sugar is also a rich energy source and can be added to food to increase calories. Remember to brush your teeth after meals and sugary snacks to prevent tooth decay.

## Minced and moist foods

These are in line with the International Dysphagia Diet Standardisation Initiative (IDDSI). To check textures please visit: [www.iddsi.org/standards/testing-methods](http://www.iddsi.org/standards/testing-methods)

### **Minced and moist foods:**

- soft and moist, but with no liquid leaking/dripping from the food
- biting is not required
- minimal chewing is required
- lumps of up to 4mm in size
- lumps can be mashed with the tongue
- foods can be easily mashed with a little pressure from a fork
- should be able to scoop onto a fork, with no liquid dripping and no crumbs falling off the fork
- if dry, add thick sauce e.g. gravy
- avoid foods when liquid separates from solid in the mouth e.g. watermelon.

Meals prepared to this food texture can also be purchased as ready meals from specialist companies. Please speak to your Dietitian or Speech and Language Therapist for more advice if needed.

The following pages contain some examples of minced and moist foods that you may like to try and foods which are not suitable.

If you have any questions regarding these items, please seek professional advice from your Dietitian or Speech and Language Therapist.

**Foods marked with \* are for individual discussion with your Dietitian or Speech & Language Therapist.**

## Food group

<b>BREAD, CEREALS, POTATOES, PASTA AND RICE</b>	
<b>Suitable</b>	<b>Not suitable</b>
Porridge, Ready Brek, oatmeal or Weetabix with some milk to soften	Other breakfast cereals not listed
Mashed potato of any type, mashed so it is not sticky	Rice if sticky, gluey or separate grains
Inside of baked potato	Dry pasta without sauce
Mashed yams	Bread
Tinned spaghetti, tinned ravioli, pasta in sauce e.g. macaroni cheese	Toast
Creamed rice	Jacket potato skins
Soft noodles in sauce	Crackers and crispbreads
Couscous (moist)	Naan bread
	Chapatti
	Popcorn
	Crisps

**Food group**

<b>FRUIT AND VEGETABLES (DRAIN ANY EXCESS LIQUID)</b>	
<b>Suitable</b>	<b>Not suitable</b>
Mashed, tinned or stewed fruit	Stalks e.g. runner beans, rhubarb
Stewed fruit without skins, seeds or pips (excluding rhubarb and summer fruits)	Fruit and vegetables with skin e.g. peas and pears
Soft, well cooked vegetables with gravy or sauce such as carrots, cauliflower florets	Salad vegetables
Courgettes, marrow, mushy peas, parsnips, swede, squash (no stalks)	Cabbage
Tinned tomatoes	Celery
Ratatouille	Hard, crunchy fruit like crisp apples and passion fruit
	Pineapple
	Sweetcorn
	Dried fruit

**Food group**

<b>MEAT, FISH AND ALTERNATIVES</b>	
<b>Suitable</b> Stews, casseroles and soups with lumps up to 4mm Minced meat or poultry with gravy or a sauce Fish, finely mashed in sauce Tuna and mayonnaise Creamy scrambled egg, boiled egg mixed with mayonnaise Baked beans (slightly mashed), soft pulses like lentils and dahl in sauce Tinned baked beans and sausages (slightly mashed)	<b>Not suitable</b> Dry meat, poultry or fish Crackling and bacon paté Dry meat products Dry scrambled or poached egg, omelette Nuts and nut butters Seeds Meat and fish skins

**Food group**

<b>MILK AND DAIRY</b>	
<b>Suitable</b> Milk/Plant-based alternatives (thickened to recommended texture) Plain or fruit yoghurt Cream cheese, cheese sauce, cottage cheese Rice pudding, tapioca Lassi	<b>Not suitable</b> Yoghurts with muesli or nuts Hard cheese

**Food group**

<b>FOODS CONTAINING FAT OR SUGAR</b>	
<b>Suitable</b> Blancmange, Angel Delight. Jelly*, milk jelly*, fruit sorbet*, trifle* Fruit crumble (soft) with ice cream or custard, sponge and custard, bread and butter pudding and custard Crème caramel Pasteurised egg custard (no pastry) Mousses (both sweet and savoury) Shop-bought, mousse-type desserts e.g. Caramel, Rolo, Milky Bar melted, Aero Mousse Some chocolate*	<b>Not suitable</b> Pastry Biscuits and cakes Sweets, toffee, lollies, marshmallows Crisps Chewing gum



# Suggested meal ideas

## Breakfast

- Ready Brek mixed well with milk
- Weetabix or All Bran soaked well in milk with excess milk removed with honey / yoghurt
- Stewed fruit or mashed banana with yogurt

## Main meals

- Mashed tinned or fresh ravioli with tomato passata or cheese sauce
- Soup – homemade or tinned, preferably blended. Must be a thick consistency
- Flesh from a baked potato softened with butter and add pate / meat or fish paste / mashed avocado
- Mashed Scrambled egg with grated cheese and mashed baked beans
- Cheese and potato pie without the grilled cheese topping or onion
- Mashed Cauliflower or broccoli with cheese sauce
- Mashed pasta with a bolognaise sauce. Ensure minced meat or non-meat alternative is mashed or blended to the correct size
- Soft mashed fish with a parsley or cheese sauce and mashed potato
- Blended rice and chilli con carne sauce (add lentils instead of red kidney beans)
- Mashed aubergine – remove skin, no leaves on top
- Minced beef / chicken / pork with thick gravy. Add mashed potato and mashed cauliflower / carrot / swede

## **Desserts / puddings / snacks**

- Thick milk puddings. Mashed or blended to the right consistency
- Mousse or whips
- Blancmange
- Seera / Sheera / Suji Halwa (no added nuts or fruits – smooth only)
- Smooth, thick yoghurt or similar potted dessert (no lumps or bits)
- Stewed and blended fruit with cream or custard
- Finely mashed tinned soft fruit
- Indian mango pureed

## **If you are losing weight or want to increase your weight**

1. Fortify your meals as below:

- Milk - Add four tablespoons of powdered milk to one pint of full cream milk. Use in drinks, cereal, puddings, sauces and custard
- Fats - Add butter, rapeseed or Extra Virgin Olive Oil to vegetables, potatoes or pastas. Add mayonnaise or salad cream to potatoes, eggs, cheese and fish
- Soft cheese - add to soups, scrambled eggs and mashed potatoes
- Jam / honey / sugar - Add to porridge, puddings, yoghurts etc

2. Try to have two nourishing snacks a day, in between mealtimes.

3. Try to have two nourishing drinks a day, e.g., a milky hot chocolate / malted drink / milkshake. Ensure their level of consistency is in line with your Speech and Language Therapist's advice.

## **How can I tell if I am losing weight?**

Weigh yourself once a week to monitor if you're losing weight. If you're unable to weigh yourself, you may notice weight loss if your clothes or jewellery start to feel looser. A modified diet should not lead to weight loss. If you're concerned that you're not meeting your nutritional requirements or are losing weight, please reach out to your GP or dietitian for further guidance.

**Other safer swallowing recommendations:**

**Your Speech and Language Therapist is:**

Name: .....

Telephone: .....

**Your Dietitian is:**

Name: .....

Telephone: .....

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Produced by registered Dietitians and Speech and Language Therapists.

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Oxford University Hospitals NHS Foundation Trust

[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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