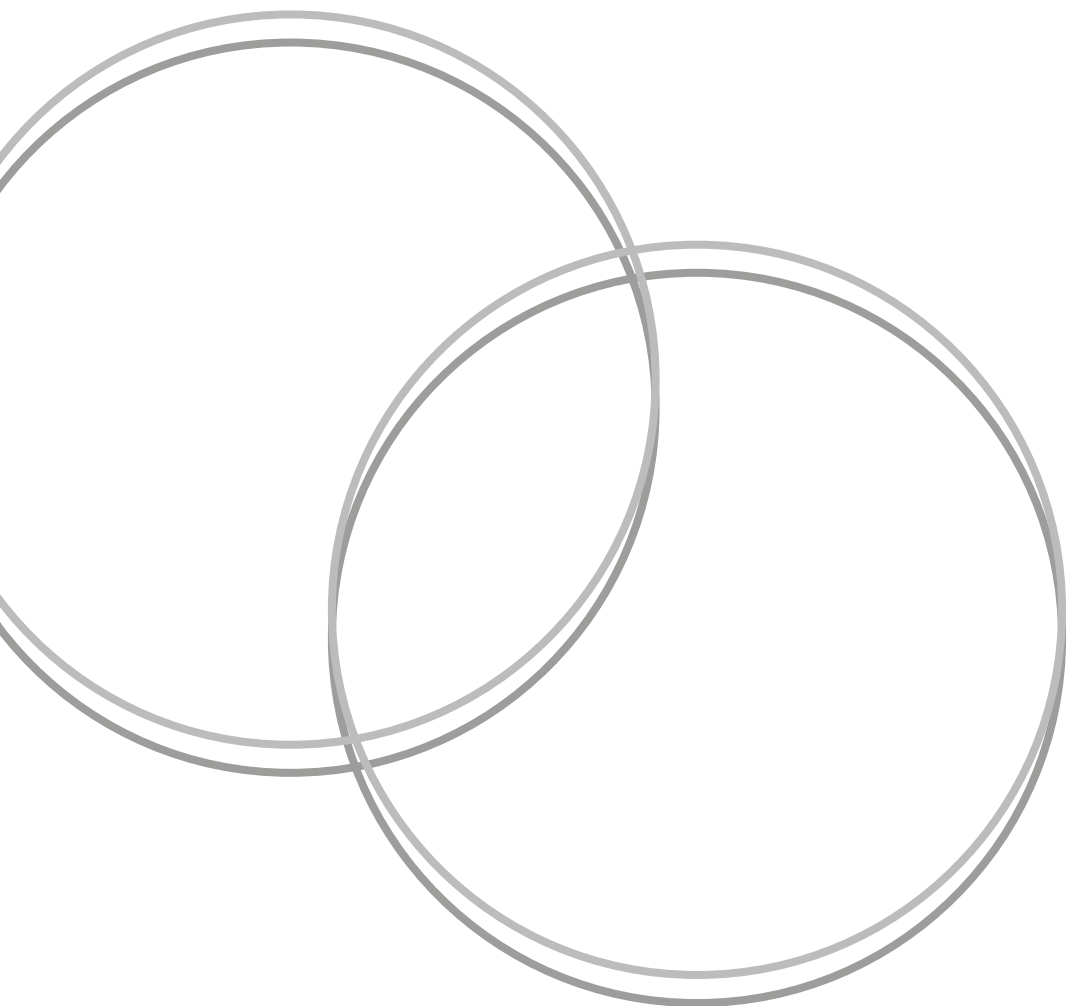


Modified Texture: Level 5 Minced & Moist Foods



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 & Moist foods

These are in line with the International Dysphagia Diet Standardisation Initiative (IDDSI). To check textures please visit: www.IDDSI.org/framework/food-testing-methods/

Minced & 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 you Dietitian or Speech & Language Therapist.

Food Group

BREAD, CEREALS, POTATOES, PASTA AND RICE

Suitable

Porridge, Ready Brek, oatmeal or Weetabix with some milk to soften.

Mashed potato of any type mashed so it is not sticky.

Inside of baked potato.

Mashed yams.

Tinned spaghetti, tinned ravioli, pasta in sauce e.g. macaroni cheese.

Creamed rice.

Soft noodles in sauce.

Couscous (moist).

Not suitable

Other breakfast cereals not listed.

Rice if sticky, gluey or separate grains.

Dry pasta without sauce.

Bread.

Toast.

Jacket potato skins.

Crackers and crispbreads.

Naan bread.

Chapatti.

Popcorn.

Crisps.

Food Group

FRUIT AND VEGETABLES (DRAIN ANY EXCESS LIQUID)

Suitable

Mashed, tinned or stewed fruit (with milk, yoghurt or custard).

Stewed fruit without skins, seeds or pips (excluding rhubarb and summer fruits).

Soft, well cooked

vegetables with gravy or sauce such as carrots, cauliflower florets,

courgettes, marrow, mushy peas, parsnips, swede, squash (no stalks).

Tinned tomatoes.

Ratatouille.

Not suitable

Stalks e.g runner beans, rhubarb.

Fruit and vegetables with skin e.g. peas and pears.

Salad vegetables.

Cabbage.

Celery.

Hard, crunchy fruit like crisp apples and passion fruit.

Pineapple.

Sweetcorn.

Dried fruit.

Food Group

MEAT, FISH AND ALTERNATIVES

Suitable

Stews, casseroles and soups with lumps up to 4mm.

Minced meat or poultry with gravy or a sauce.

Cottage pie with gravy.

Corned beef with gravy.

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 dhal in sauce.

Tinned baked beans and sausages (slightly mashed).

Not suitable

Dry meat, poultry or fish.

Cracking and bacon paté.

Dry meat products.

Dry scrambled or poached egg, omelette.

Nuts and nut butters.

Seeds.

Meat and fish skins.

Food Group

MILK AND DAIRY	
Suitable Full cream milk (thickened to recommended texture). Plain or fruit yoghurt. Cream cheese, cheese sauce, cottage cheese. Rice pudding, tapioca. Lassi.	Not suitable Yoghurts with muesli or nuts. Hard cheese.

Food Group

FOODS CONTAINING FAT OR SUGAR	
Suitable 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*.	Not suitable Pastry. Biscuits and cakes. Sweets, toffee, lollies, marshmallows. Crisps. Chewing gum.

A balanced meal contains food and drink from each of the five food groups. Here is an example of a meal plan. You may find it helpful to write a meal plan for yourself in the space provided.

Breakfast	Example Breakfast cereals from the list of suitable options, moistened with full fat milk. For added flavour or calories you could try adding sugar or honey. Stewed or tinned skinless fruit (chopped to 4mm size pieces) with full-fat yoghurt.
Mid-morning	Example Homemade milkshake with puréed fruit and ice-cream (thickened to correct consistency).
Lunch	Example Cauliflower cheese (chopped to 4mm size pieces), mashed potato with cream or butter, baked beans, slightly mashed. Trifle or fruit fool with cream.
Mid-afternoon	Example Shop-bought mousse.
Supper	Example Stew or casserole (chopped to 4mm size pieces), creamy mashed potato and mushy peas. Fruit sponge and custard, cream or evaporated milk.
Before bed	Example Fruit fool.

Your meal plan

Breakfast	
Mid-morning	
Lunch	
Mid-afternoon	
Supper	
Before bed	

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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