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About your Level 5 MINCED & MOIST diet

***Information for
patients and carers***



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**Speech & Language Therapy and
Dietetic Services**

What is this leaflet for?

Difficulties with eating, drinking and swallowing are called **dysphagia** (pronounced “diss-fay-gee-ah”).

A Speech and Language Therapist (SLT) has assessed your eating, drinking and swallowing difficulties. Your SLT has recommended that you follow an IDDSI* Level 5 diet with foods that are **minced and moist**.

It's very important to follow the diet texture your SLT recommends. This will help to reduce the risks associated with difficulties with swallowing. These risks include:

- aspiration (food or drink going down “the wrong way”)
- choking
- developing chest infections

* The International Dysphagia Diet Standardisation Initiative 2016 @<https://iddsi.org/framework/>



We've described in this leaflet how you can change the texture of everyday meals and foods for a Level 5 diet. The tables divide food into groups to help you plan a balanced diet.

Please note that this is **general guidance only**. You might not be able to have some of the foods mentioned because they're not safe for you. Please check the individual guidance your SLT gave you.

If you're taking thickened fluids, you must thicken all liquids (such as soups, smoothies, sauces) to the recommended consistency.

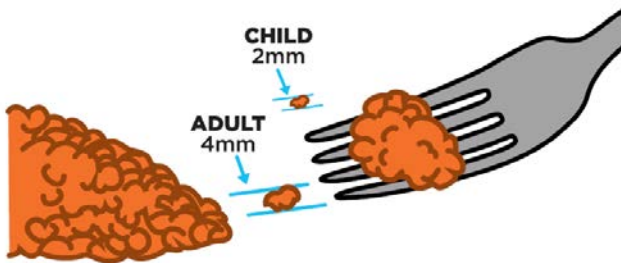
What is a Level 5 minced and moist diet?

The main features of a Level 5 diet:

- Is soft and moist with no separate thin liquid.
- Has small lumps visible within the food (up to 2mm for children; up to 4mm for adults).
- Has lumps which are easy to squash with the tongue.
- Doesn't require biting.
- Requires minimal chewing.
- Can be eaten with a fork or a spoon.
- Could be eaten with chopsticks.
- Can be scooped and shaped on a plate.

How do I check if my food is the right consistency?

- When pressed with a fork the particles should be separated between and come through the prongs of a fork.



- Any lumps should be easily mashed with little pressure from a fork (pressure should not be sufficient to make the fingernail blanch to white).
- Food can sit on the fork and does not easily or completely flow through the prongs of a fork.
- Holds its shape on a spoon.
- Can be held using fingers – feels moist and any lumps can be easily squashed by fingers.

Diagram source: The International Dysphagia Diet Standardisation Initiative 2016 @<https://iddsi.org/framework/>

How do I prepare food?

- Make sure all foods are well cooked and soft enough to mash.
- A potato masher or fork can be used to mash food down to the right consistency.
- A blender can also be used.
- A small whisk is useful for adding in thickening powders (such as cornflour or a thickener such as Nutrilis Clear®) to reach correct consistency.

Soaking solution (for Nutilis Clear® only)*

Foods like bread, biscuits and cakes are a problem for people with swallowing difficulties. Using a soaking solution can help you achieve a smooth texture with these foods:



- Use 200ml of liquid (such as milk, fruit juice, stock) and add 1 scoop of Nutilis Clear® and whisk thoroughly.
- Use immediately and don't allow soaking solution to thicken before adding food.
- Dip food in soaking solution for 1 minute and place on plate.
- Cover and refrigerate for 1½ to 2 hours before serving.



*** If using a different thickener, please check the manufacturer's instructions.**



When using a food blender



- Make sure the blades are covered with food.
- Never overfill the container.
- Don't use boiling liquids.
- Take care if food is hot.
- Hold lid firmly (use a cloth to do this if the food is hot).
- Blend the main course and vegetables separately. Mixing foods makes it difficult to know what you're eating, flavours are lost and it may not look as appealing.



Always check the food is the right consistency before serving!



Food group: Bread, potatoes, cereals and alternatives	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Bread	No regular dry bread due to high choking risk. All bread products must have crusts removed and be softened in soaking solution, as described on page 6. Bread products do not puree well.	Avoid all dry breads, crackers, oatcakes. Hard crispy rolls. Toast. Breads, crackers or oatcakes with seeds or grains.
Breakfast Cereals	Any cereal that fully softens when soaked in milk, served thick with small, soft lumps no bigger than above size. Pour off any excess milk before serving. Instant oat cereal, porridge (smooth). Wheat bisks or All Bran.	Avoid all dry/crispy cereals. Muesli of any variety. Any cereal or porridge with 'bits' (such as nuts, dried fruit, choc chips).



Food group: Bread, potatoes, cereals and alternatives	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Potatoes	<p>All potatoes must be well cooked and finely mashed.</p> <p>Remove the skins fully before mashing to the correct consistency.</p>	<p>Avoid all non-mashed potato products.</p> <p>Whole potatoes, potato skins, crispy potatoes (such as fries, chips, roast potatoes, rostis, croquettes).</p>
Pasta	<p>Soft, well cooked or tinned pasta or noodles, mashed finely. Add in smooth or finely minced sauce (such as cheese sauce or bolognese).</p>	<p>Avoid whole pasta or noodle products.</p> <p>Avoid dishes that form a hard/crispy topping after cooking (such as cheese or breadcrumbs).</p>



Food group: Bread, potatoes, cereals and alternatives	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Rice	<p>Rice needs a smooth sauce to moisten it and hold it together. It shouldn't be sticky or gluey and shouldn't separate into individual grains.</p> <p>Tapioca, semolina, soft moist rice pudding, plain Muller Rice/Ambrosia.</p>	<p>Avoid dry, sticky or glutinous rice. Fried mixed rice, rice pudding with dried crispy edges after oven baking.</p> <p>Basmati, long grain rice, rice cakes.</p>



Food group: Meat, fish and alternatives	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Meat	<p>Finely minced, well cooked meat in thick smooth sauce or gravy (such as stew or casserole).</p> <p>Shepherd's pie or cottage pie.</p> <p>Pate and potted meat.</p> <p>Haggis mixed with thick gravy or sauce.</p> <p>Sausages – skinless and then minced.</p> <p>If the texture can't be finely minced, then meat should be pureed.</p>	<p>Hard, tough, fatty or gristly meat.</p> <p>Any meat with skins.</p> <p>Fried, breaded or battered meat.</p> <p>Pies, pasties, sausage rolls.</p>



Food group: Meat, fish and alternatives	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Fish	<p>Skinless, boneless fish cooked until soft and mashed in a thick smooth sauce (such as haddock mornay).</p> <p>Tinned fish mashed with mayonnaise or sauce.</p> <p>Fish pate.</p>	<p>Ensure all fish bones removed.</p> <p>No crispy coatings (such as fried, breaded or battered fish).</p> <p>Peppered mackerel due to small particles of pepper.</p>

Food group: Meat, fish and alternatives	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Eggs	Scrambled, baked, poached or boiled eggs must be finely mashed with butter or mayonnaise, for example. Smooth souffle.	Scotch egg. Fried egg. Frittata.
Soya, Tofu or Quorn®	Finely minced and in thick smooth sauce. If the texture can't be finely minced, then it should be pureed.	Fried or crispy coatings.
Pulses and Nuts	Skinless pulses and beans, well cooked and finely mashed. Hummus.	Whole pulses or beans. Nuts (whole or chopped). Nut butters.

Food group: Fruits and vegetables	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Vegetables	Use well cooked and finely mashed vegetables. Ripe avocado, mashed. Vegetable soups, juice and smoothies must be appropriately thick and smooth.	Firm, under cooked or raw vegetables. Salad. Stringy vegetables or vegetables with outer skins or shells (such as celery or peas). Mixed consistency soups.
Fruit	Finely mashed soft, fresh, frozen or tinned fruit (drain excess thin juice). Make sure skins and stones are removed. Finely mashed stewed fruit. Juice and smoothies must be appropriately thick and may need to be sieved.	Hard fresh fruit such as apples. Fibrous fruit (for example citrus fruits, pineapple, rhubarb). Dried fruit. Avoid fruit with skins.

Food group: Dairy	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Yogurt and Fromage Frais	Smooth, thick, creamy types only.	Yogurts with chunky fruit, hard pieces, crumble, nuts, cereal or other toppings and additions.
Cheese	Finely mashed cottage cheese. Soft/cream cheese. Grated cheese can be melted into other foods (such as sauces).	Hard, solid cheese. Cheese with rind. Cooked/chewy cheese. Cheese with fruit added.

Food group: Desserts, sweets, and snacks	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Desserts, Baking	<p>Smooth yogurt, fromage frais.</p> <p>Plain sponges – add custard, thick cream or yogurt and finely mash.</p> <p>Finely mashed stewed fruit mixed with custard/cream.</p> <p>Smooth mousse or whipped puddings.</p> <p>Milk puddings – all types suitable (no skins).</p> <p>Plain biscuits softened in soaking solution.</p>	<p>Fruit cake, crumbles, tarts, flans, pastries.</p> <p>Scones, pancakes, meringue, cheesecake.</p> <p>Dry sponge, cakes with royal icing.</p> <p>All other biscuits.</p>

Food group: Desserts, sweets, and snacks	Suitable foods (must be modified so lumps are no bigger than 4mm for adults and 2mm for children with no excess fluid) 	Difficult and dangerous (do not eat as they are difficult to adapt to the right consistency) 
Chocolate and Sweets	Chocolate flavoured dessert modified to a smooth consistency.	Bars or pieces of solid chocolate. All sweets (mints, boiled sweets, gummy sweets, toffees, fudge, marshmallows, chewing gum).
Savoury Snacks	Refer to savoury options within other food groups.	All dry, crunchy, crumbly snacks (such as crisps, nuts, crackers, Twiglets®, popcorn etc).
Ice cream, Ice lollies, Jelly	Check with your Speech and Language Therapist	

Contact telephone numbers

If you have any questions about your recommended texture, please contact your Speech and Language Therapist on the number below:

Name:

:

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