

Level 5: Minced and moist food

North Devon District Hospital

Dietetic Service

Other formats

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Introduction

Difficulties with eating, drinking and swallowing are called '**dysphagia**'. This condition affects lots of people due to different causes. A Speech and Language Therapist has assessed and diagnosed your eating, drinking and swallowing difficulties.

Your Speech and Language Therapist has recommended that you only eat LEVEL 5 (Minced and moist food)



Your Speech and Language Therapist has recommended that all your drinks should be:

- 4. Extremely thick
- 3. Moderately thick
- 2. Mildly thick
- 1. Slightly thick
- 0. Thin (un-thickened)

It is really important to drink enough fluids. Drinking 8-10 cups (approx. 2L per day) will ensure you keep well hydrated and healthy. Drinks can be hot or cold, for example milk, fruit juice, tea or coffee.

Choosing and preparing Level 5 Minced and moist food

Small lumps visible within the food. For adults, lumps must be **no bigger** than 4mm (this is approximately the space between the prongs of a metal fork).

Minced and moist food:

- Can be eaten with a fork or spoon
- Can be scooped and shaped on a plate
- Must be soft and moist with no separate thin liquid
- Biting is not required
- Lumps are easy to squash with the tongue
- Minimal chewing is required
- Tongue force is required to move the food around the mouth and to swallow
- It is possible to easily hold a sample using your fingers. The food will feel moist and you can easily squash the small, smooth pieces between your fingers
- Holds its shape on a spoon and slides off when the spoon is tilted, leaving very little residue
- A scooped sample sits in a pile or can mound on the fork and does not easily or completely flow or fall through the prongs of a fork



Image kindly provided by the International Dysphagia Diet Standardisation Initiative 2016

www.iddsi.org/ramwork

Examples of suitable minced and moist foods include:

- finely minced or chopped, tender meat or fish in an extremely thick, smooth, non-pouring sauce or gravy;
- mashed fruit or vegetables with any excess fluids drained off;
- fully softened, smooth cereal with small soft lumps with all excess fluid drained off before serving;
- pre-gelled 'soaked' plain bread with no seeds or grains.

It is important to eat a variety of food as our bodies need a range of nutrients every day. Finely mince or chop the foods from each group:

- **Protein foods** help build muscle and repair tissue. These include meat, fish, poultry, eggs, beans, lentils, tofu and Quorn. Try to eat 2-3 portions per day.
- **Starchy foods** are our main source of energy. This includes potatoes or pasta, and smooth porridge or breakfast cereal, prepared as described. Try to eat some of these foods with every meal and snack
- **Dairy food and alternatives** provide calcium and protein. Try to have 2-3 portions every day of full-fat milk, cheese, yogurt, fromage frais or dairy alternatives. Use the fortified milk recipe (next page) for drinks and when making puddings.
- **Fruit and vegetables** – five portions per day is recommended to provide essential vitamins, minerals and fibre.

Equipment to prepare Level 5 meals

- Potato masher – can be used to remove lumps e.g. in potatoes, vegetables or fruit. A fork can be used to mash smaller items e.g. banana or a single portion of potato.
- Hand held blender – for speedy blending of foods in the pan or jug such as soups or sauces.
- Small balloon (wire) whisk – Useful for adding in dry powder like milk powder, corn flour or thickeners. Cream and yoghurt can also be easily whisked into sauces.
- Liquidiser/food processor – Ingredients can easily be added to fortify foods when using a liquidiser e.g. fortified milk, grated cheese or soft breadcrumbs.

Ensure that **all equipment is cleaned thoroughly** after use as food can become trapped and hard to clean once it's dried on.

Some foods **may need to be re-heated** after altering the texture. This can easily be done in the microwave or in a bowl over a pan of simmering water. This is only to be done once and any remaining food must be thrown away.

Freeze 'extra' meals – allow to cool and freeze quickly. Allow to thaw completely before reheating.

Reheat foods until piping hot and allow to cool to individual preferences.

Needing extra nourishment?

If your appetite is poor or you have low/lost weight, you may need extra nourishment.

- Aim to have 3 small meals and 2-3 nourishing snack each day
- Try to have something to eat every 2-3 hours (during waking hours)
- Avoid diet to slimming foods such as reduced fat, low fat and sugar free or low calorie varieties.
- Full cream milk to be used in all drinks / food.
- Fortify foods (consider ideas in the table below)

Fortified Milk Recipe

Whisk 4 tablespoons of skimmed milk powder thoroughly into 1 pint of full fat milk and use throughout the day in your drinks/meals

Food	Ideas to add extra nourishment
Cereals	Fortified milk or smooth full fat yogurt, cream, honey, seedless jam, syrup or liquidised fruit
Sauces	Grated cheese * cream cheese, silken tofu, milk powder, coconut milk, smooth full fat yogurt, evaporated milk, cream, butter, margarine
Mashed potato	Grated cheese*, cream cheese, milk powder, smooth nut/seed butters or pastes, cream, crème fraiche, margarine, butter, olive oil
Vegetables	Full fat salad cream, full fat mayonnaise, smooth nut/seed butters or pastes, grated cheese*, smooth full fat yoghurt, sauces, olive oil, margarine, butter
Soups	Grated cheese*, mascarpone or other full fat soft/cream cheese, evaporated milk, fortified milk, milk powder, silken tofu
Puddings	Smooth full fat yoghurt, evaporated or condensed milk, full fat crème fraiche, coconut milk powder, custard, cream, chocolate sauce, seedless jam, honey.

Do not use stringy or chewy cheese, or cheese with rind.
Hard cheese like cheddar, parmesan or red Leicester is best.
Always make sure it is melted and fully incorporated into your meal or snack.

Level 5 (Minced and Moist Food)

Foods	<p style="text-align: center;">Prepare all to Level 5 Minced and Moist (no bigger than 4mm to fit between fork prongs with excess fluid drained off)</p>	<p style="text-align: center;">Avoid</p>
<p>Meals All must include a source of protein such as meat, fish, eggs, pulses, cheese or vegetarian alternatives.</p>	<p>Finely minced, well cooked meat, fish and vegetarian alternatives. Must be served in extremely thick, smooth sauce or gravy eg hot pot, casserole, curry, stew, roast beef, pork, lamb.</p> <p>Shepherds or cottage pie.</p> <p>Sliced cold meat – cut into pieces no bigger than 4mm and mashed in sauce, baked beans or tinned spaghetti to moisten.</p> <p>Potted meat.</p> <p>Meat, fish or vegetarian pate mixed with finely chopped pasta or cooked vegetables.</p> <p>Tuna mashed with mayonnaise/sauce.</p> <p>Scrambled, baked, poached or boiled egg, finely mashed with butter or mayonnaise.</p> <p>Finely mashed cheese soufflé</p>	<p>Hard, tough, fatty or gristly meat.</p> <p>Fried/breaded/battered food such as fish fingers, chicken kiev, breaded turkey escallops, fritters, scotch egg.</p> <p>Sliced cold sausage, chopped pork, luncheon meat, pepperoni, salami or chorizo.</p> <p>Dry, hard or crusty pastry such as oven cooked pies, Scotch pies, pork or game pies.</p> <p>Fried egg.</p>

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<p>Starchy carbohydrates</p> <p>Include with every meal</p>	<p>Cooked pasta – boil until soft, finely mash into smooth or finely minced sauce e.g. cheese or bolognaise.</p> <p>Tinned pasta in sauce mashed with a fork, for example spaghetti hoops, ravioli.</p> <p>Well cooked, instant noodles finely mashed in sauce.</p> <p>Rice – well cooked white rice, finely mashed with plenty of thick sauce.</p> <p>Moist rice.</p> <p>White or sweet potatoes – boiled or baked until flesh is soft. Mash the flesh with butter and milk.</p> <p>Chunky chip chop style chips – add thick sauce or gravy to soften and mash finely.</p> <p>Soft breadcrumbs can also be added to soups.</p> <p>Pureed toast with butter and jam – use bread with no seeds or grains, remove crusts; lightly toast and break slices into a liquidiser; add plenty of melted butter and warmed jam and blitz to level 5.</p> <p>Ask your Speech and Language Therapist or Dietitian how to prepare pre-gelled ‘soaked’ white or wholemeal plain bread or plain crackers to meet your needs.</p>	<p>Pasta that is firm to bite (al dente).</p> <p>Oven baked pasta with hard/crisps toppings such as lasagne or cheesy pasta bake.</p> <p>Rice without a sauce or firm, with a bite (al dente).</p> <p>Any brown or wholegrain varieties of rice.</p> <p>Potato skins.</p> <p>Crispy chips such as French fries.</p> <p>Dry bread.</p> <p>Bread with seeds or grains.</p> <p>Dry crackers or oatcakes.</p> <p>Crackers or oatcakes with seeds or grains.</p> <p>Pizza.</p>

Foods	Prepare all to Level 5 Minced and Moist (no bigger than 4mm to fit between fork prongs with excess fluid drained off)	Avoid
Breakfast Cereal	<p>Porridge made with milk.</p> <p>Ready Brek™ – not apple variety.</p> <p>Weetabix™ – add plenty of hot or cold milk to soften and mix well with a spoon. Pour off any excess milk before serving.</p> <p>All-Bran™ – add warm milk, allow to soften then mix well with a spoon. Pour off any excess milk before serving.</p>	<p>Any cereal or porridge with bits, nuts/raisins/dried fruit/chocolate chips.</p> <p>Muesli of any variety.</p> <p>Dry Weetabix™ or All-Bran™.</p> <p>Shredded Wheat™.</p> <p>Any flaked, puffed wheat or crispy style cereal such as cornflakes™, Sugar Puffs™, Rice Krispies™.</p>
Soup <i>Always ensure that this is thickened to your appropriate drink level</i>	<p>Smooth soups containing meat, fish, lentils, split peas, silken tofu.</p> <p>Smooth vegetable soups with fully incorporated cheese, soft breadcrumb or cream added for extra nourishment.</p>	<p>Soups with mixed texture such as chunky vegetable soup, broth, French onion soup or any soup with croutons or stringy cheese.</p>
Vegetables	<p>Tomatoes – tinned and sieved or fresh, skinned and deseeded (may need to thicken so liquid and solid do not separate).</p> <p>Well-cooked soft vegetables with no stalks, for example cauliflower and broccoli tops, carrot, turnip, parsnip, butternut squash.</p> <p>Baked beans and mushy beans – may need to be sieved.</p>	<p>Salads and salad vegetables – lettuce, cucumber, raw carrot, onions, peppers, celery, coleslaw.</p> <p>Firm undercooked vegetables with stalks.</p> <p>Peas, sweetcorn, runner beans.</p> <p>Kidney, borlotti, broad or black eyed beans.</p> <p>Cabbage, Mushrooms, peppers, courgettes.</p> <p>Soup with large vegetable chunks.</p>

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Fruit	<p>Soft fresh fruit e.g. strawberries, raspberries, kiwi fruit, banana, finely mashed.</p> <p>Soft tinned fruit, e.g. pears, peaches, nectarines, mandarins, rhubarb, finely chopped.</p> <p>Apples or pears – stewed with skins removed and finely mashed.</p> <p>Fruit juice thickened to your appropriate drink level if required.</p>	<p>Hard fresh fruit such as apples.</p> <p>Fibrous fruits such as citrus fruit or pineapple.</p> <p>Dried fruit.</p>
Dairy and alternatives	<p>Cottage cheese (mashed), soft cream cheese such as mascarpone, ricotta, soft goats' cheese, full fat Philadelphia™ or cheese spread.</p> <p>Yoghurt/fromage frais – smooth or with large pieces of fruit removed.</p> <p>Silken tofu can be used in sauces, soups and desserts as a substitute for cream.</p>	<p>Solid pieces of cheese.</p> <p>Cheese with rind.</p> <p>Stringy cheese such as mozzarella or gruyere.</p> <p>Chewy cheese such as halloumi or paneer.</p>
Desserts and sweet snacks	<p>Milk puddings – very thick and served with sooth seedless jam.</p> <p>Mousse, whips.</p> <p>Sponges – add custard, thick cream or yoghurt and mash well.</p> <p>Plain biscuits softened in soaking solutions, prepared following the packet instructions on the thickener prescribed by your health professional.</p> <p>Ripe avocado mashed with banana.</p>	<p>Ice Cream.</p> <p>Fruit cake, fruit slice, malt loaf.</p> <p>Cakes with royal icing, dry sponge.</p> <p>All dry biscuits or biscuits with coatings, fillings, chocolate chips, nuts or fruit.</p> <p>Scones, pancakes, meringue, cheesecake.</p> <p>Crumbles, tarts, flan.</p>
Savoury snacks	<p>Ripe avocado mashed with Greek yoghurt or cream cheese.</p> <p>Seasonings such as pepper or finely ground herbs and spices could be added for extra flavour.</p>	<p>All other crisps, nuts, Bombay mix, Twiglets™ etc.</p>

Sample meal plan



Meal	Day 1	Day 2
Breakfast	Fruit juice All Bran soaked in milk until soft with any excess milk drained off. Scrambled eggs.	Fruit juice. Puree toast. Scottish black pudding and baked beans mashed together.
Mid morning	See snack ideas	See snack ideas
Lunch	Dahl mixed with well cooked white rice. Greek yoghurt and mashed strawberries.	Ravioli mashed with lots of sauce. Sponge and custard mashed with a fork and served with stewed apple.
Mid afternoon	See snack ideas	See snack ideas
Evening meal	Corned beef has served with mashed baked beans. Chocolate mousse served with mashed tinned pears.	Mashed poached fish in sauce served with mashed potatoes and carrot puree. Mashed melon (may need to be thickened).
Bedtime	Fruit smoothie	Malted milk drink such as Horlicks™

Further information

If you have any queries about your diet, please do not hesitate to contact the dietetic team.

Dietetic Department
North Devon District Hospital
Barnstaple
Telephone: 01271 322306 (Monday- Friday)

Useful websites

International Dysphagia Diet Standardisation Initiative (IDSSI)

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

Nutrition and Diet Resources (NDR)

Website: <https://www.ndr-uk.org/>

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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