

## **PATIENT INFORMATION**

# **Minced & Moist Diet**

A Guide to Safer Eating





Chewing and swallowing are actions we all take for granted. In reality these are complex but automatic processes which take place many times during the day. These actions may be affected by many medical problems.

Problems with swallowing are known as **DYSPHAGIA**.

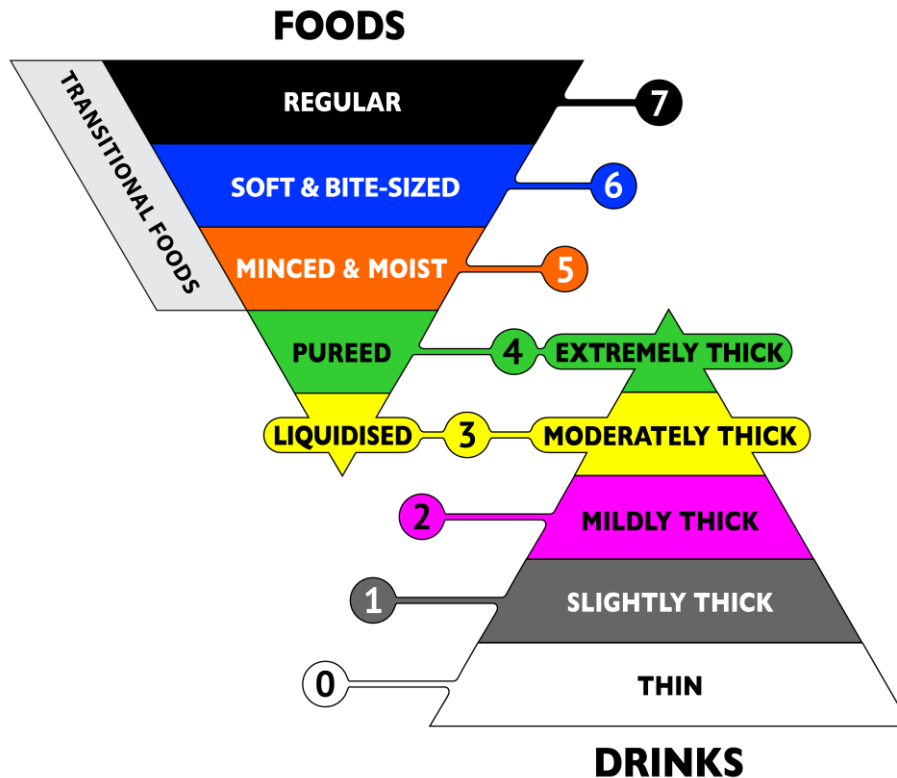
**The advice in this leaflet will help you to eat more easily and safely.**

Patient's Name .....

Date .....

Speech & Language Therapist .....

Tel No .....



Your Speech and Language Therapist has advised you to change the consistency of the food that you eat to “minced and moist” diet.

This means that you need foods that:

- Are soft and moist, with no separate liquid
- Can be easily mashed with the pressure of a fork
- Requires very minimal chewing only
- Are served or coated with a thick, smooth sauce or gravy
- Can be scooped and shaped on a plate
- Have small visible lumps within food that are easy to squash with the tongue

**FOR ADULTS, THE SMALL PIECES OF FOOD SHOULD BE NO BIGGER THAN 4MM, AND WILL FIT BETWEEN THE PRONGS OF A FORK:**



**To prepare food in this way it should be:-**

- Easily mashed with lumps/skin/pips removed
- Moistened with additional sauce/gravy/butter/cream
- Thickened, when necessary, to prevent separation (see next page)

You will be able to enjoy a wide variety of foods. Although the texture is different, you will still be able to taste individual foods, such as meat and vegetables, if they are served separately.

If you are only able to eat small amounts the Dietitian can provide advice on how to fortify your diet and on using supplements that can be prescribed by your GP.

<b>REMEMBER: COOK WELL AND MASH – Moisten with thick sauce/gravy</b>	
<b>Suitable</b>	<b>Unsuitable</b>
<u>MEAT</u> : Finely minced or chopped (max 4mm lump size) Serve in extremely thick, non-pouring sauce If texture cannot be finely minced it should be pureed	Fat, gristle, bones, skin, pork pie. White or red meats unless these have been minced, blended or shredded. No lumps over 4mm
<u>FISH</u> : Finely mashed (max 4mm lump size) Serve in extremely thick, non-pouring sauce	Shellfish Skin and bones Breaded or battered fish or fish in pastry No lumps over 4mm
<u>FRUIT</u> : Serve mashed. Maximum lump size 4mm	Drain excess juice. No lumps over 4mm

<b>REMEMBER: COOK WELL AND MASH – Moisten with thick sauce/gravy</b>	
<b>Suitable</b>	<b>Unsuitable</b>
<b>VEGETABLES :</b> Finely minced or chopped or mashed. Maximum lump size 4mm	Any vegetables that cannot be minced and are not moist. No lumps over 4mm
<b>CEREALS:</b> Very thick and smooth with soft lumps Any milk/fluid should not separate from the cereal – drain any extra liquid before serving	Any cereal that cannot be minced and are not moist. No lumps over 4mm
<b>RICE:</b> Well-cooked and bound together with thick sauce Not too sticky or glutinous	Must not separate into individual grains when cooked and served.
<b>BREAD</b> No bread allowed	Bread is not suitable.

**IF YOU ARE UNSURE ABOUT THE SAFETY OF ANY FOOD, PLEASE CHECK WITH THE PERSON WHO GAVE YOU THIS LEAFLET.**

**CAUTION:**

Some patients require their fluids to be thickened using a thickening agent. Please ensure any foods which have separate liquids are thickened to the required texture.

## **SUGGESTIONS TO MAKE EATING SAFER**

- Position:** Make sure you are comfortable and relaxed  
Sit as upright as possible whilst eating and drinking and for 30 minutes afterwards  
Reduce distractions eg phone calls/TV when eating and drinking
- Timing:** Take time to enjoy your food and drink – don't rush  
Do not worry about keeping up when eating and drinking with others  
Try to eat and drink little and often - eat small, frequent meals and snacks  
Avoid eating and drinking when tired
- Mouth Care:** It is essential to keep your mouth and teeth clean
- ask your Dentist/District Nurse for advice
  - make sure they are aware you have difficulty swallowing
- Medication:** You may need to take your usual medication in a different form eg syrup or soluble
- ask your Doctor/Pharmacist for advice

## **SPECIAL ADVICE FOR YOU**

Your Speech Therapist will advise you if you also need to adjust the thickness of drinks.

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## **REASONS TO CONTACT YOUR SPEECH AND LANGUAGE THERAPIST**

- Frequent/reoccurring chest infections
- Coughing during or after eating and drinking
- Feeling of food getting stuck
- Difficulty swallowing your saliva
- Wet, gurgly voice following eating and drinking
- Tiring quickly when eating and drinking, or meals take longer than 45 minutes
- Loss of appetite or interest in food and drink
- If you are unsure about any particular foods and drinks
- Weight changes

The Speech & Language Therapy Service cannot be held responsible for how patients/clients interpret and use this resource. Always consult your GP/relevant health professional if you have any health problems, comments or queries



## **Contact details :**

### **Southport and Ormskirk Hospital Trust**

Medical and Surgical Team Speech and Language

Therapists 01704 704361

Stroke Therapy Speech and Language Therapists 01704  
704940

### **Southport & Formby Community**

**01704 387215**

Lancashire Care Foundation Trust

Adult Speech & Language Therapy

91 Zetland Street

Southport

PR9 9DL

### **West Lancashire Community: 0300 247 0011**

Adult Speech and Language Therapy

Hilldale

Ormskirk Hospital

Wigan Road

Ormskirk

L39 2JW

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.



**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

We would welcome your feedback about your experience  
at Southport and Ormskirk Hospital NHS Trust.  
Please access the Friends and Family Test at the following  
link:

[https://www.southportandormskirk.nhs.uk/patients-and-  
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

**Thank you**

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