




**Swallowing Advice:**

**IDDSI Minced and Moist**

**Why do I need minced and moist food?**

- This texture is recommended because you are at risk of choking or chest infections on other food. This food is easy to chew. You can cope with some soft lumps.

**What is minced and moist food?**

 <p><b>Easy to chew</b></p>	<ul style="list-style-type: none"> <li>✓ Food is soft and moist, it needs very little chewing.</li> <li>✓ Small bite-sized pieces. 4mm by 4mm.</li> <li>✓ Can be eaten with a spoon or a fork.</li> <li>✓ Lumps are easy to squash with the tongue.</li> </ul>
 <p><b>Holds its shape</b></p>	<ul style="list-style-type: none"> <li>✓ Holds its shape. Can be scooped and shaped into a ball.</li> </ul>
 <p><b>Often needs a sauce</b></p>	<ul style="list-style-type: none"> <li>✓ Sauces should be extremely thick, smooth and non pouring,</li> </ul>
 <p><b>Mashed</b></p>	<ul style="list-style-type: none"> <li>✓ Foods can be easily mashed with a fork.</li> <li>✓ Food pieces should not be bigger than 4mm by 4mm.</li> <li>✓ It can be piped layered or moulded.</li> <li>✗ If texture cannot be finely minced it should be pureed.</li> </ul>
 <p><b>Avoid</b></p>	<ul style="list-style-type: none"> <li>✗ Avoid all difficult foods - see list.</li> </ul>

**How do I prepare minced and moist food?**

You can change everyday foods by finely mincing or mashing. If the food cannot be finely minced then you should puree. Please read the list of suggestions overleaf on how to prepare pre-mashed foods.

Cont...

**Here are some examples of Moist and Mashed food:  
For more information go to: <http://iddsi.org/framework/>:**



**Meat and Poultry:**

Meat must be finely minced.  
Pieces must not be bigger than 4mm by 4mm.  
Remove all skin, bones and gristle.  
Serve in an extremely thick non pouring sauce.  
Sausages should be skinless and minced.



**Fish:**

Remove skin and bones.  
Finely mash in extremely thick smooth non pouring sauce.



**Vegetables, Potatoes:**

Cook until soft.  
Finely minced, chopped or mashed.



**Fruit:**

Serve mashed.  
Drain excess thin juice.  
Remove pips and skin.



**Cereal:**

Very thick and smooth, fully softened.  
Drain excess fluid before serving.



**Rice, Pasta and Noodles:**

Not sticky and should not separate into individual grains when cooked.  
Add plenty of extremely thick, smooth, non-pouring sauce.  
Cut up pasta/noodles no bigger than 4mm by 4mm with lots of sauce.



**Desserts and snacks:**

Extremely thick and smooth.  
Custard, creamed, rice pudding, semolina, yoghurt (no bits).  
Sponges and crumbles can be softened and mashed with cream or custard.  
No jelly or ice cream if you require thickened fluids.  
(Seek advice from the Speech and Language Therapist.)

## DIFFICULT FOODS !

These foods can be especially hard to chew or swallow so need to be avoided or specially prepared so that they are soft to eat.

Please discuss them with your Speech and Language Therapist.

	<b>Dry foods</b> Crackers, cake, bread...	✗
	<b>Crumbly Foods</b> Biscuits, pie crust, wheaten...	✗
	<b>Hard foods</b> Boiled sweets, nuts...	✗
	<b>Tough or chewy foods</b> Steak, bacon, harder vegetables...	✗
	<b>Crispy or crunchy foods</b> Crisps, flaky pastry...	✗
	<b>Stringy or fibrous foods</b> Pineapple, celery...	✗
	<b>Pips, seeds, pith/inside skin. No skins or outer shells</b> Peas, grapes, fruit skins or husks like sweetcorn...	✗
	<b>Skin bone or gristle</b>	✗
	<b>Round or long shaped foods</b> Sausages, grapes, sweets. Hard chunks, like pieces of apple...	✗
	<b>Juicy food where the juice separates off in the mouth</b> Melon...	✗
	<b>Floppy foods</b> Lettuce, thinly sliced cucumber, spinach...	✗
	<b>Sticky foods</b> Some cheese, marshmallows...	✗
	<b>Mixing solid food with liquid</b> Hard cereal, fruit salad with juice and soups with food pieces...	✗

**If you have any concerns regarding your diet or you need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietitian.**