

Minced and Moist Diet (IDDSI Level 5)

This material will help you understand a minced and moist Diet (IDDSI Level 5). You may have been recommended a minced and moist diet if you are having trouble chewing or swallowing on the advice of your Speech Pathologist.

This food texture includes foods that are soft, moist and easy to form into a ball. Foods must not contain any hard lumps. Foods should be easy to mash or break into pieces no bigger than 4mm for adults and 2mm for children.

It is important that you include foods from all food groups to make sure your body gets all the nutrients it needs.

You may need to eat and drink more often to maintain your weight and prevent dehydration. Eat six (6) small meals a day instead of three (3) larger ones. This is especially important if you get tired when eating larger meals or if you are a slow eater.

You may also need to add extra protein and energy to your meals to ensure you are getting adequate nutrition. Your Dietitian will tell you if you need to follow a high protein, high energy diet.

This may be useful when:

- You are underweight
- You are losing weight without trying
- You are unable to eat enough due to poor appetite or nausea
- You have increased energy and protein requirements

High Protein foods include:

- Meat, fish and chicken
- Eggs
- Dairy products
- Beans, legumes, nuts e.g. Smooth peanut butter or smooth nut spreads
- Meat alternatives e.g. tofu, vegetarian sausages
- Protein supplements e.g. Sustagen, Ensure

High Energy foods include:

- Full cream dairy products
- Margarine, butter, mayonnaise, oil
- Soft drinks, cordial, sweets
- Nutritional supplements e.g. Resource Plus, Resource 2.0 (these are also high in protein) or ***Fortified milk recipe** (see recipe below)





* **Fortified milk recipe:** Add 4 heaped tablespoons of skim milk powder to 1 L of full cream milk and whisk to combine.







Tips to increase or maintain your weight:













- Aim for 6 smaller meals rather than 3 big meals per day
- Keep your favourite foods in the cupboard or fridge
- Keep ready to eat meals and snacks for times when you don't feel like preparing food (e.g. frozen pre minced meals, tinned soup, yoghurt, dairy desserts)
- Drink fluids with energy such as milk and juice instead of water, tea or coffee
- Keep a record of your weight to check if these changes are working



This **stop sign** highlights foods that are not safe for people who need thickened fluids. In some cases these foods can be thickened to make them safe. Ask your health professional or Speech Pathologist for guidance.

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat Chicken Fish	<ul style="list-style-type: none"> • Minced, tender meats with sauce e.g. spaghetti bolognese, casseroles, stews and fish dishes (may require mashing to reduce the size of food chunks) •  Serve with extra gravy or sauce – ensure the sauces are mixed in well with the meat <p><i>If texture cannot be finely minced it should be pureed</i></p>	<ul style="list-style-type: none"> • Dishes with large chunks, dry, tough or gristly meats or hard and/or fibrous particles e.g. corn, onion. 	<ul style="list-style-type: none"> •  Add cream, evaporated milk or yoghurt to casseroles and curries (drain excess thin fluids) •  Add extra gravy – ensure the sauces are mixed in well with the meat • Top moist mince dishes with sour cream, yoghurt or soft cheeses • Top mashed fish with white sauce, smooth tartare sauce or mayonnaise 

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat (protein) alternatives	<ul style="list-style-type: none"> Lightly mashed or blended legumes e.g. baked beans, refried beans Soft tofu in small pieces or crumbled Mashed soufflés or quiches (without crust) with small soft chunks Mashed poached, scrambled or soft cooked eggs  Serve with extra gravy or sauce – ensure the sauces are mixed in well with the meat 	<ul style="list-style-type: none"> Nuts Undercooked legumes Dry, tough, chewy, or crispy egg dishes or those that cannot be easily mashed 	<ul style="list-style-type: none"> Top mashed legumes (e.g. lentils, refried beans) with sour cream or yoghurt Add cheese, milk and/or cream to scrambled eggs and quiches
Breakfast cereals	<ul style="list-style-type: none"> Cereals with small, moist lumps e.g. cooked cereals such as porridge, semolina or wheat flakes biscuits well-moistened with  milk <p>If thickening fluid, any milk/fluid must not separate away from cereal. Drain any excess before eating.</p>	<ul style="list-style-type: none"> Course or dry cereals e.g. All-bran Any cereals with nuts or dried fruit 	<ul style="list-style-type: none"> Add sugar, honey, or  cream to cooked and/or well-moistened cereals  Use fortified milk* (see recipe below) to make cooked cereals Add Sustagen, Proform neutral or Ensure powder Add whey protein powder
Other cereals	<ul style="list-style-type: none"> Well-cooked pasta or noodles with sauce e.g. risoni, moist macaroni cheese (some dishes may require blending or mashing) Very soft rice that holds together e.g. moist risotto (these should not separate into individual grains when cooked and served) 	<ul style="list-style-type: none"> All bread, sandwiches, pastries, crackers and dry biscuits Rice that does not hold together e.g. long-grain, basmati, parboiled, fried Crispy or dry pasta e.g. edges of lasagna 	<ul style="list-style-type: none"> Use creamy, cheese sauces with pasta
Soup 	<ul style="list-style-type: none"> Smooth soups with no lumps or soft pieces – homemade or canned soups may require blending 	<ul style="list-style-type: none"> Soups that have large chunks or fibrous particles e.g. pea, corn, onion, rice 	<ul style="list-style-type: none">  Make soup on fortified milk* or add cream, sour cream Add Sustagen, Proform neutral or Ensure powder Add whey protein powder

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Dairy foods & desserts	<ul style="list-style-type: none"> • Milk, milkshakes, fruit smoothies  ▪ Yoghurt (no fruit pieces, pips)  ▪ Custard , mousse, smooth puddings, ice cream  • Very soft cheese with small lumps e.g. cottage cheese • Mashed / minced soft fruit-based desserts without hard pastries, crumbly or flaky pastry or coconut • Creamed rice 	<ul style="list-style-type: none"> • Yoghurt with nuts, seeds or hard pieces • Cheese slices and cubes • Sticky cheese e.g. camembert • Dry, coarse cakes and pastries • Bread-based puddings • Any dish with nuts, seeds, dried, hard or fibrous fruit, hard crumbles, coconut or pineapple 	<ul style="list-style-type: none"> •  Use fortified milk* in place of regular milk as a nutritious drink base, or to make puddings, custards and desserts • Add  ice cream, custard or yoghurt to milkshakes
Vegetables	<ul style="list-style-type: none"> • Soft well-cooked vegetables that are easily mashed with a fork • Vegetables should be chopped or mashed into pieces that are no larger than 4mm 	<ul style="list-style-type: none"> • Hard or fibrous vegetables such as peas, corn • Hard or fibrous vegetable skin or stems 	<ul style="list-style-type: none"> • Add butter or margarine, milk powder, soft cheese or cream  to mashed vegetables • Top diced, mashed vegetables with creamy cheese sauces or sour cream 
Fruit	<ul style="list-style-type: none"> • Soft, stewed or canned fruit that is finely diced, mashed or pureed • Soft, mashed fresh fruit e.g. banana, pawpaw, seedless watermelon  • Fruit juice . If thickening fluids, serve in mildly, moderately or extremely thick smooth, sauce, draining excess. 	<ul style="list-style-type: none"> • Whole pieces of fruit (pieces larger than 4mm) • Stewed fruit with skin or seeds, or that is too hard to mash with a fork • Very fibrous fruits e.g. pineapple 	<ul style="list-style-type: none"> • Serve with  ice cream, cream, custard or yoghurt •  Blend pureed fruit into fortified milk* to make a fruit smoothie

Adapted from the IDDSI Framework and Descriptors, International Dysphagia Diet Standardised Initiative, 2019.

To prepare minced and moist foods:

- Use foods the rest of your household is eating rather than making separate meals. This will save time and money.
- When you mash food, add liquid for a moist, smooth texture. For example, when mashing fruit or vegetables, add milk, fruit juice or cream but make sure you drain any excess fluid away before you eat it.
- To mince meat, chicken and fish to a smooth paste, add gravy, stock, milk or cream when blending.

To serve:

- Use foods of all colours to make your meals look more appealing and serve on attractive plates.
- Use herbs and spices to add flavour to foods.

Please note:

- (a) items marked with * in the below meal plan may not be suitable if you need thickened fluids. In some cases, these items can be thickened to make them safe. Ask your Speech Pathologist for guidance; and
- (b) some foods listed in this document (including foods in 'High Protein', 'High Energy', 'suggestions for extra nourishment' and in the below suggested meal plan) may not be appropriate for children. It is recommended that you discuss this further with your child's Speech Pathologist or Dietitian.

Suggested meal plan and options:

BREAKFAST (choose at least 2 of the following):
<ul style="list-style-type: none">• Semolina/porridge made on milk*• Mashed baked beans or spaghetti (chopped) or scrambled eggs• Mashed fresh fruit• Vanilla yoghurt*
MORNING TEA (choose at least 1 of the following):
<ul style="list-style-type: none">• Mashed fruit• Yoghurt or custard *• Nutritious drink e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink*
LUNCH or LIGHT MEAL
<ul style="list-style-type: none">• Mince casserole (meat, poultry, fish, legumes)• Pureed or mashed vegetables include at least one starchy vegetable (e.g. potato, sweet potato)• Stewed (diced) fruit• Custard or smooth yoghurt*• Ice cream*
AFTERNOON TEA (choose at least 1 of the following):
<ul style="list-style-type: none">• Mashed fruit• Yoghurt or custard*• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink*
DINNER or MAIN MEAL
<ul style="list-style-type: none">• Mince casserole or curry (meat, poultry, fish or legumes) with extra gravy/cheesy sauce or sour cream/yoghurt – this meal could include small, soft pasta/noodles or rice• Mashed vegetables• Creamed rice or other suitable pudding
SUPPER (choose at least 1 of the following):
<ul style="list-style-type: none">• Mashed fruit• Yoghurt or custard*• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink*