



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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IDDSI Level 5 Minced and Moist Speech and Language Therapy



INTRODUCTION

The medical term for swallowing difficulties is 'dysphagia' and this can occur due to a number of medical conditions including stroke, head injuries, Parkinson's disease, motor neurone disease, multiple sclerosis, post-surgery, respiratory disorders and where the muscles used for chewing and swallowing food safely may not be working adequately.

A **Speech and Language Therapist** (SLT) may suggest that a minced and moist diet. This is to help with the chewing and swallowing of food.

A **Dietitian** may advise you on the appropriate foods for this consistency and on how to ensure your diet remains well-balanced.

WHAT IS IDDSI LEVEL 5 MINCED AND MOIST DIET?

- Can be eaten with a spoon or fork
- Could be eaten with chopsticks in some cases, if the individual has very good hand control
- Can be scooped and shaped (e.g. into a ball shape) on plate
- Soft and moist with no separate thin liquid
- Can be easily broken apart with minimal pressure from fork/spoon, and does not return to its original shape
- Biting not required
- Minimal chewing required

USEFUL WEBSITES

International Dysphagia Diet Standard Initiative (IDDSI)

<https://iddsi.org/>

The British Dietetic Association: <http://www.bda.uk.com>

Patient Name:

Date:

Dietitian:

Contact details:

Speech & Language Therapist:

Contact details: 01932 722868 (St Peter's Hospital)
01483 846238 (Bradley Unit)

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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KEEPING A BALANCED DIET

Try to have the following:

- Starchy foods e.g. potatoes, rice, pasta, cereal: 3 portions/day
- Protein foods e.g. meat, fish, eggs, lentils: 2-3 portions/day
- Fruit and vegetables: 5 portions/day
- Dairy foods e.g. milk, cheese, yogurt: 3 portions/day
- Foods containing fat and sugar - quantity will depend on whether you are underweight or overweight and if you have diabetes

PREVENTING WEIGHT LOSS

Difficulty with eating may result in smaller amounts of food being consumed. It is important that the foods you eat have a high energy content and you may need to eat “a little and often” to prevent weight loss.

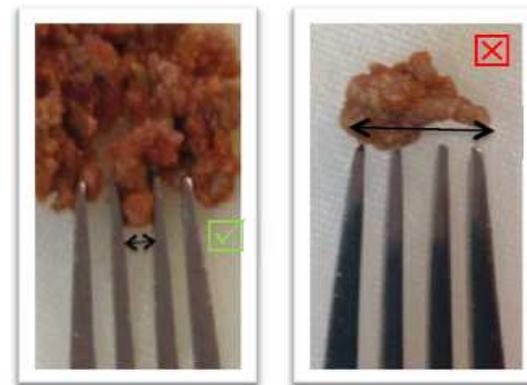
FLUIDS

If you have been advised to thicken your drinks it is important to follow the recommendations of the SLT. Aim to drink 6-8 cups of fluid a day to avoid dehydration. Include fruit juice daily for Vitamin C.

Pre-thickened juice drinks are available on prescription.

- Tongue force alone can be used to break soft small particles with this texture
 - Small lumps visible within the food
 - Lumps easy to squash with tongue
- **Adult, 4mm lump size** – particle size fits between the prongs of a fork

Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



From: <http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf>

EXAMPLES OF MINCED AND MOIST FOODS

Meat

- Finely minced or chopped, tender mince
- Serve in extremely thick, smooth, non-pouring sauce or gravy
- If texture cannot be finely minced, it should be pureed

Fish

- Finely mashed in extremely thick, smooth non-pouring sauce or gravy

Vegetables

- Finely minced, chopped or mashed
- Drain any liquid

Cereal

- Very thick and smooth with small soft lumps
- Texture fully softened
- Any milk/fluid must not separate away from cereal. Drain any excess fluid

Bread

- Pre-gelled 'soaked' breads that are very moist and gelled through the entire thickness
- No regular, dry bread

Rice

- Not sticky or glutinous (particularly short grain rice) and should not particulate or separate into individual grains when cooked and served (particularly long grain rice)

Ready-made pureed meals are available from some companies e.g. Wiltshire Farm Foods.

TIPS

- It is best to prepare and serve the meat, vegetables and starchy foods all separately on the plate to make meals look more appetising
- Some people prepare a large batch of food and freeze it into individual portions
- Try to eat foods high in fibre to prevent constipation e.g. porridge, fruit, vegetables or pulses
- Eat 'little and often'. Aim to have three small meals a day with snacks between meals
- Sit comfortably in an upright position with the head tilted down towards the chest and the chin slightly tucked in
- Eat slowly and allow plenty of time for your meal
- Do not drink just before meals as it can fill you up
- Remain sitting in the upright position for half an hour after finishing your meal