

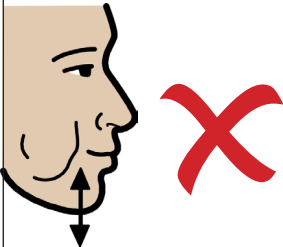


PATIENT: _____ THERAPIST: _____ DATE: _____

		<p>Swallowing Advice:</p> <h2 style="margin: 0;">IDDSI Minced & Moist</h2>	
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Why do I need Minced & Moist food?

- You cannot bite off pieces of food safely but can do some chewing
- You are more likely to get chest infections or choke on food that is not minced and moist


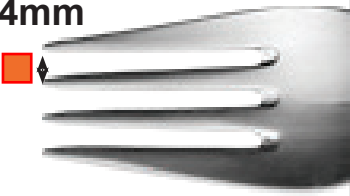

A guide to Minced and Moist (part 1): Most everyday foods can be finely minced or mashed. If food cannot be finely minced then you should puree.

 <p>Food is soft & moist</p>	<ul style="list-style-type: none"> ✓ Food is soft, moist and can be easily mashed with a fork ✓ Very little chewing is needed. Lumps can be easily squashed with your tongue ✗ Food should NOT be hard or sticky ✗ You DO NOT need to bite bits of your food off
	<ul style="list-style-type: none"> ✓ Food can be scooped and shaped into a ball ✓ MUST pass the spoon tilt test: <ul style="list-style-type: none"> • Food holds it's shape on the spoon • If you tilt or lightly flick the spoon, food falls off quite easily
 <p>Passes the Spoon and Fork Tests</p>	<ul style="list-style-type: none"> ✓ MUST pass the fork test: <ul style="list-style-type: none"> • Food should keep it's shape on the fork • Food does NOT easily or fully flow/fall through the prongs of the fork • When pressed lightly with the fork, food should easily separate and come through the prongs.

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 	<p>Swallowing Advice:</p> <h1 style="margin: 0;">IDDSI Minced & Moist</h1>
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A guide to Minced and Moist (part 2):
Most everyday foods can be finely minced or mashed. If food cannot be finely minced then you should puree.

 <p>Needs a sauce</p>	<ul style="list-style-type: none"> ✓ Sauces should be thick and smooth ✓ You should not be able to pour the sauce ✗ No thin liquid leaking or dripping from your food
<p>4mm</p>  <p>Pieces no bigger than 4mm x 4mm</p>	<ul style="list-style-type: none"> ✓ Food pieces NO BIGGER than 4mm x 4mm (please see red box opposite). This is generally the size of the gap between the prongs of a standard dinner fork
 <p>Final Check</p>	<ul style="list-style-type: none"> ✗ No hard pieces, crust or skin have formed during cooking or standing eg. cheese topping, rice pudding, custard skin ✗ Any liquid in or around the food has not become thinner

For more examples go to: <https://iddsi.org/framework/>
 For more information on the testing methods go to: <https://iddsi.org/framework/food-testing-methods/>
 Please talk to your doctor if you are worried about anything to do with what you eat, your diet or your health.

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Difficult Foods

These foods can be much harder to chew or swallow. Do not eat these foods. Some can be made softer and easier to eat.

Please talk to your Speech and Language Therapist for advice

	Dry Foods Crackers, cake, bread, dry cereals (liquid can be added to make these easier)
	Crumbly Foods Biscuits, pie crusts, wheaten bread (liquid can be added to make these easier)
	Hard Foods Boiled sweets, nuts, raw vegetables such as carrot, cauliflower, broccoli
	Tough and chewy foods Streaky bacon, fatty meats, harder vegetables
	Crispy or crunchy foods Crispy bacon, flaky pastry, crackling, cornflakes, raw carrot and apple, popcorn
	Stringy Foods Pineapple, celery, rhubarb, green beans
	Pips, seeds Apple seeds, pumpkin seeds, white of orange
	Foods with outer skins, husks or outer shells Peas, grapes, fruit skins, sweetcorn, shredded wheat, bran
	Skin, bone or tough and fatty foods Chicken/fish/sausage skin. Chicken/fish bones or other bones and meat with gristle
	Round or long shaped foods Sausages, grapes, sweets
	'Juicy' foods where the juice runs out from food in the mouth Melon
	'Floppy' foods Lettuces, thinly sliced cucumber, uncooked baby spinach
	Sticky or gummy foods Nut butter, marshmallows, overcooked oatmeal/porridge, edible gelatine, konjac containing jellies, sticky rice cakes
	Mixed thin + thick textures, where there are solids and liquids together Soup with pieces of food, cereal, fruits salad with juice
	Chewy foods Lollies/candies/sweets, cheese chunks, chewing gum, sticky mashed potatoes, dried fruits
	Sharp and spiky foods Corn chips, crisps

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Some examples of Minced and Moist food:

	<p>Meat and Poultry</p> <ul style="list-style-type: none"> Remove all skin, bone and gristle (tough pieces of meat). Finely mince or chop to 4mm lump size. Make sure there are no hard bits of meat. Serve in a thick, smooth, sauce or gravy that can't be poured. Take the skin from sausages and mince the sausage meat. <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Fish</p> <ul style="list-style-type: none"> Remove skin and bones Finely mince or chop to 4mm lump size Served in a thick, smooth, non-pouring sauce or gravy. <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Vegetable and potatoes</p> <ul style="list-style-type: none"> Cook until soft. Finely mash or mince to 4mm lump size Remove any extra liquid before serving Vegetables cooked in any other recipes also need to be soft and chopped to 4mm size. <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Fruit</p> <ul style="list-style-type: none"> Remove any extra juice Remove pips, skins and tough/stringy parts e.g. white of oranges Finely mince or chop to 4mm lump size Fresh fruit should be soft and ready to eat Stewed, baked and soft tinned fruits are also suitable for mashing <p>CAUTION! Avoid fruit where the juice runs out from food in the mouth eg. melon</p> <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Cereal</p> <ul style="list-style-type: none"> Should be thick with small, soft lumps of 4mm size Any extra milk/liquid should not split away from the cereal Remove any extra liquid before serving. <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Rice, pasta and soft noodles</p> <ul style="list-style-type: none"> Need a sauce to moisten and hold them together Sauces should be thick, smooth and you should not be able to pour them Rice must NOT split into individual grains Cook pasta and noodles until soft. Cut up/mash to 4mm lump size and put in a sauce Make sure the food is NOT sticky or gluey. <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Desserts and snacks</p> <ul style="list-style-type: none"> Custard, creamed rice, semolina, tapioca, mousse, thick smooth yoghurt (no bits) are all ok Sponges and crumbles can be softened and mashed to 4mm lump size with cream or custard Do not eat ice-cream or jelly if you need thickened liquids. <p style="text-align: right;">■ ↓ 4mm</p>
	<p>Bread</p> <ul style="list-style-type: none"> DO NOT EAT BREAD Ask your Speech and Language Therapist about bread. They can look at this and see if it is ok to eat. <p style="text-align: right;">■ ↓ 4mm</p>

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