







### 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 and have reduced chewing ability.

The foods listed are a guide. Extra care should be taken to ensure these foods are prepared to resemble a texture which is mashed and/or minced in 4mm pieces.

<b>Mashed</b> 	<b>Minimal chewing</b> 	<b>How to prepare minced and moist foods</b>	
<ul style="list-style-type: none"> <li>✓ Foods have been mashed, or minced finely</li> <li>✓ Food pieces should not be bigger than <b>4mm by 4mm</b> and should fit between the prongs of a fork.</li> <li>✗ If the texture cannot be finely minced it should be pureed</li> </ul>	<ul style="list-style-type: none"> <li>✓ Food is soft and moist, it needs very little chewing.</li> <li>✓ Can be eaten with a spoon or a fork.</li> <li>✓ Lumps are easy to squash</li> <li>✓ Add extra sauces: sauces should be thick and smooth: gravy, cheese sauce, curry, white/red wine sauce, tomato, cream cheese, mint sauce, mango chutney</li> </ul>	 <ul style="list-style-type: none"> <li>✓ Remove all skin, bones and gristle, pips, excess juice</li> <li>✓ Meat must be finely minced</li> <li>✓ Sausages should be skinless and minced</li> <li>✓ Cook until soft then mash or chop to 4mm</li> </ul> 	 <ul style="list-style-type: none"> <li>✓ Rice should <b>not</b> be sticky or separate into individual grains when cooked. Add sauce. Cut up pasta/noodles no bigger than 4mm by 4mm</li> </ul> 

### Breakfast ideas

- Weetabix well soaked in milk with no excess milk (should be a cohesive texture)
- Porridge/ReadyBrek (texture should have movement and not be claggy)
- Mashed banana
- Smooth yoghurt or fromage frais
- Egg (scrambled, poached, boiled), mashed and sauce added
- Stewed fruit with yoghurt
- Fruit smoothies
- Level 5 Full English: scrambled eggs, mashed corned beef (or pureed meats), tomato passata sauce, mashed hash brown (not crispy, with a sauce)

### Main meal ideas

- Flaked fish in thick sauce
- Puréed meats with gravy
- Well mashed skinless sausages
- Dahl
- Eggs (see breakfast ideas)
- Cottage pie / shepherd's pie
- Corned beef hash
- Risotto
- Potato, sweet potato with soft filling e.g. well mashed tuna mayonnaise, cream cheese, blended sauce (chilli, curry)
- Soft root vegetables e.g. broccoli or cauliflower
- Mushy peas (no skins)
- Cauliflower in a cheese sauce and mashed

### Dessert and snack ideas

- Stewed fruit with thick custard or cream
- Soft mashed tinned or fresh fruit
- Milk pudding, e.g; rice pudding, semolina, kheer (made with pudding rice, no nuts), muller-rice
- Trifle (no hard bits of fruit)
- Jelly or milk jelly
- Egg custard (remove pastry)
- Crème caramel
- Smooth yoghurt, fromage frais, mousse
- Angel Delight, Instant Whip or blancmange
- Cake with custard or cream
- Mashed avocado
- White or wholemeal bread (no crusts) soaked in thick soup
- Soak plain biscuits in coffee, hot chocolate