

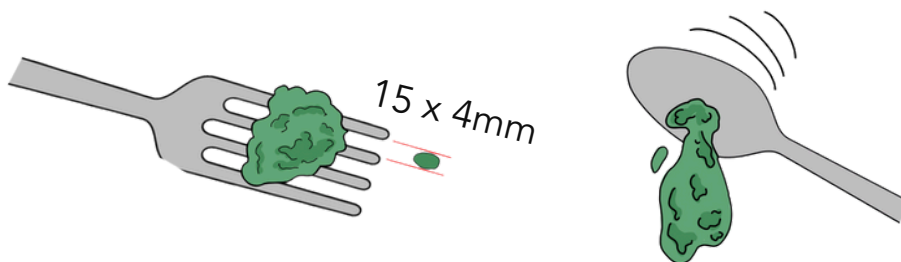
Level 5: Minced and Moist Diet

Why is a Minced and Moist Diet recommended?

- Pain or fatigue when chewing
- Have incomplete or no teeth
- Reduced tongue strength and control to move food for swallowing
- Reduced strength of throat muscles to push food into food pipe
- Minimise choking risk

What is a Minced and Moist Diet?

- Soft and moist food with no separate, runny fluids.
- Small lumps 15mm x 4mm in size.
- Food is easily mashed with the tongue or from a little pressure by a fork, so that minimal chewing is required.
- Food holds its shape on the spoon and falls off fairly easily when tilted or slightly flicked (not sticky).



Examples of Minced and Moist Diet from Woodlands Health



Wintermelon and Carrot



Yam Porridge



Tamarind Fish Curry

Examples of Minced And Moist Diet based on cuisine

Cuisine	Examples (When cut into small lumps 15mm x 4mm in size)
Chinese	<ul style="list-style-type: none"> • Fish congee • Mashed carrot cake • Mashed soft tofu • Mashed siew mai • Mashed, well-cooked chee cheong fun • Mashed sambal Stingray. Remove skin and bones • Mashed yam / pumpkin cake • Mashed Hor Fun with sauce
Indian	<ul style="list-style-type: none"> • Mashed thosai and Idly mixed with sambar or chutney • Mashed potato masala • Ponggal (without cashews) • Uppuma with minced vegetables • Well-cooked rasam / curd / sambhar rice
Malay	<ul style="list-style-type: none"> • Bubur lambuk • Mashed, well-cooked mee rebus with gravy
Western	<ul style="list-style-type: none"> • Mashed baked beans • Clam chowder (without clams) • Mashed pasta with sauce • Mashed potatoes • Mushroom soup • Mashed soufflé pancake • Shepherd's pie • Cream of broccoli / cauliflower / pumpkin soup
Desserts	<ul style="list-style-type: none"> • Nut pastes (e.g. sesame paste, almond paste) • Mashed poached pear / apple / peach

Others	<ul style="list-style-type: none">• Mashed yam / sweet potato• Mashed mee sua / yellow noodles / kway teow Remove vegetables or tough meat that cannot be mashed <ul style="list-style-type: none">• Hummus
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Tips to prepare the appropriate texture

Meat

- Use a pressure / slow cooker to stew. Cook until tender.
- Serve finely minced. Otherwise, it should be pureed.
- Ensure gravy is thickened as recommended by your Speech Therapist.
- Drain excess, runny fluids.
- Mix sesame oil to avoid food from sticking onto spoon before serving.

Fish

- Serve soft, finely mashed in mildly smooth sauce or gravy.
- Ensure gravy is thickened as recommended by your Speech Therapist.
- Drain excess, runny fluids.
- Mix sesame oil to avoid food from sticking onto spoon before serving.

Fruit

- Soft ripe fruits only (e.g., banana, papaya, mango, avocado).
- Serve finely minced or mashed, drain excess juice.
- Hard fruits (e.g. apples, guavas, pears) should be pureed/mashed after poaching or steaming.

Vegetables

- Serve finely minced or mashed.
- Ensure gravy is thickened as recommended by your Speech Therapist.
- Drain excess, runny fluids.
- Mix sesame oil to avoid food from sticking onto spoon before serving.

Cereal/Oats

- Ensure the texture has 15mm x 4mm soft lumps.
- Ensure milk is thickened as recommended by your Speech Therapist.
- Drain excess, runny fluid before serving.

Rice/Pasta/Couscous

- Ensure it is not sticky or glutinous.
- Ensure sauce is thickened as recommended by your Speech Therapist.
- Drain excess, runny fluid before serving.

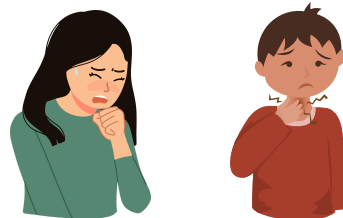
Feeding Practices

Safe feeding strategies

- Remove any hard bit such as garnishing e.g. fried shallots, parsley.
- Ensure that patient is upright and alert, do not feed lying down.
- Drain or thicken soup if required.
- Do not serve liquids and solids in the same mouthful.
- Feed at a slow rate.
- Give rest if any shortness of breath is observed.
- Feed the next spoon only after the previous spoonful has been swallowed.
- Check for food remaining in the mouth and remove them after meals.
- Provide fluids to clear food residue if recommended by Speech Therapist.

Signs to look out for when feeding

- Coughing when eating/drinking
- Throat clearing when eating/drinking
- Gurgly voice
- Increase in breathing rate



What to do when you notice the above

- Stop feeding and allow rest for 10 minutes.
- Try feeding again.
- If signs are still present, try blending the food.
- Call the hospital hotline to make an appointment with the Speech Therapist.
- Note: If persistent cough and phlegm is noted, please consult a doctor.



How to encourage intake

- Prepare meals using food the rest of the household is already eating to save time and money. This makes the food taste more familiar.
- Use different coloured food to make the meal look more appetising.
- Serve on attractive plates/bowls.
- Serve food on plates that have contrast to improve visibility (e.g., serve porridge in a coloured bowl).
- Make meal times more enjoyable by having it with friends or family.



My Healthy Plate



Image taken from www.healthhub.sg

1. Fill $\frac{1}{2}$ your plate with fruit and/or vegetables, $\frac{1}{4}$ with meat and others, and $\frac{1}{4}$ with rice and other grains/starches.
 2. Include food from all food groups in your meal to ensure you get all the nutrients your body needs.
- Grains and starches provide energy and vitamin B.
 - Examples include brown rice, noodles, wholemeal bread
 - Meat is an important source of protein which helps maintain and prevent the loss of muscle mass and function. Protein also prevents pressure sores and promotes wound healing.
 - Examples include: Fish, chicken, mutton, beef, pork, eggs, milk, soy products, beans and lentils
 - Vegetables and fruits are rich in fibre, vitamins and minerals.

If you or your loved one is losing weight, have any questions on nutrition, or are experiencing difficulties with swallowing, please do not hesitate to contact us at 6363 3000 or enquiry@wh.com.sg.

Contributed by Speech Therapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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