

Texture D Dysphagia Diet (Minced/Mashed Diet)

Description

- Moist with some variation in texture – should be easily mashed with a fork.
- Served with a *thick* gravy or sauce.
- Little chewing needed.
- Meat can be puréed or minced.



Cook

Mash

Breakfast

- *Porridge* – Served with milk or cream.
- *Soft cereal* e.g. weetabix – served with hot or cold milk. Mashed together.
- *Yoghurts* – no bits.
- *Mashed or stewed fruit* e.g. apple/pear

Savoury Food

Soups

Please ensure there are no bits in the soup – this would cause a high risk of choking.

- The soup should be very thick.
- Try thicker soups such as potato, pumpkin or butternut squash.
- Condensed tinned soup, e.g. tomato.
- Can contain meat, fish or vegetable if prepared as below.

Meat and Poultry

- *How to cook:* In a thick sauce or gravy, or in a casserole or stew.
- *Main meal ideas:* Shepherd's pie, ravioli, spaghetti bolognese. Further fork mash if necessary.

Fish - Please ensure all bones are removed.

How to cook: Steam, bake, microwave, poach in milk.

- Serve with sauce, e.g. cheese, white or parsley sauce.
- Tinned fish, e.g. tuna, can be mixed with a sauce or mayonnaise.

Top tip: Condensed soups e.g. mushroom or tomato, can create different flavours.

Eggs

How to cook: Scramble, poach or boil. Fork-mash (mash with the back of a fork)

Cheese

- Use cheese to add to dishes for extra flavour, e.g. add to a soup, sauces, mashed potato, mashed vegetables.
- Main meal idea: Cauliflower cheese or macaroni cheese fork-mashed.

Pasta and Rice

How to cook: Boil

Fork-mash with sauce, e.g. macaroni cheese, ravioli, lasagne, pasta bolognaise.

Potatoes

How to cook: Boil, bake (remove skin after baking)

Mash potatoes with some cream, milk or cheese.

Top tip: Try sweet potatoes or add mashed egg mayonnaise for a different flavour.

Main meal idea: Baked potato (skin removed) with a soft filling e.g. mashed spaghetti hoops, tuna mayonnaise, cheese, egg mayonnaise.

Vegetables

- Fresh, frozen or tinned vegetables. Avoid bitty vegetables, e.g. peas, sweetcorn (see *High Risk Foods list*)

How to cook: Boil or steam until soft, then mash.

Pulses

- Beans and lentils can be added to stews and casseroles. They mash easily.

Puddings and Desserts

Hot milk puddings

- Homemade, tinned or packet varieties e.g. rice pudding, sago, semolina, custard and egg custard.

Other puddings

- Well-chopped sponge puddings served with custard, cream or ice-cream
- Mousse, yoghurts, fromage frais, instant whipped puddings.
- No ice-cream or jelly if a person requires thickened fluids.

Top tip for chocoholics: Chocolate buttons

Fruit

- Mash or stew fruit. Some tinned fruits can be fork-mashed.

Ensure all skin, pips and stones are removed.