



Fork Mashed Diet for Children

(Foods which contains soft lumps and can be mashed with fork)

IDDSI Level 5 – Minced and Moist

- Food is soft, tender and moist. There may be very small soft lumps that can be crushed with a fork or squashed with the tongue
- Lumps should be small enough to pass through the prongs of a fork
- It should be easy to mash with a fork with little effort
- A thick gravy or sauce may be mixed in with the mashed food.
- Minimal chewing is required and biting is not required
- It should not contain any fibres or skins
- Food should be moist and cohesive enough to hold its shape on the spoon with no liquid dripping and no crumbles falling off the spoon.

Preparing minced and moist food for your child

- Soft, moist foods can be made into a mashed texture using a fork. When mashing with a fork, small soft lumps may remain e.g. small bits of very soft cooked carrot, very soft cooked meat or fish that can be broken or squashed easily into small pieces
- Lumps should be very small, soft and easily broken down in the mouth
- Some foods need fluid (e.g. gravy, water, cream, milk, white sauce, yoghurt, custard) to achieve the right texture. The food should remain one consistency throughout e.g. fluid should not separate off
- Ensure no fibres or skins remain after mashing

Foods to mash with care

Care should be taken when mashing any food; however there are some foods to be particularly careful with, e.g. fish with small bones

You will be unable to mash some foods (e.g. most meats) to a safe texture. Serve meats finely minced (with no hard bits) or made into a smooth puree instead.

Foods to avoid

Although many foods can be mashed, there are some which are difficult and best to avoid:

- **Dry/crisp foods:** hard or dry bread, muesli, crisps, toast, battered/breaded food, crisp breads, rice cakes
- **Hard foods:** tough/dry meat, boiled sweets, nuts, seeds
- **Sticky foods:** peanut butter, toffee, sticky rice cake, overcooked porridge
- **Stringy foods:** celery, green beans, pineapple, lettuce stalks
- **Husks and vegetable/fruit skins:** dried fruit, grape skins, peas, beans, sweetcorn
- **Crumbly flaky foods:** biscuits, pastry, crumble topping, dry cake

Mealtime ideas for minced and moist food

(fork mash these foods down carefully to achieve small soft lumps)

Breakfast

- Ready Brek™, Cerelac™ (Nestle) or porridge with milk
- Weetabix™ soaked in milk and excess milk drained off
- Smooth yoghurt, quark or fromage frais with mashed soft fruit
- Tinned spaghetti - mashed down, all lumps must be small and soft

Main meals

- Corned beef hash
- Meat or vegetable curry/casserole
- Dhal
- Mushy peas
- Cauliflower cheese
- Fishcake (no breadcrumbs) in sauce, or fish pie
- Fish in sauce e.g. butter, cheese, parsley sauce
- Rice - soft, well cooked and mixed in a thick sauce e.g. risotto. May require a thick sauce to moisten and hold the rice together.
- Baked potatoes without skin with filling such as; cream cheese, meat or fish paste, pate, corned beef, tuna mayonnaise, grated cheese, hummus, ready-made smooth dips
- Finely minced meat/minced Quorn™ in sauce

You can serve these with fork mashed soft vegetables and mashed soft rice/potato

Puddings

- Smooth yoghurt, fromage frais, mousse or trifle
- Fresh, tinned, stewed fruit (drain syrup/juice) - serve with custard, yoghurt or cream
- Packet desserts made with milk e.g. Angel Delight™
- Canned puddings e.g. rice pudding, semolina, custard
- Fruit smoothie, with milk/yoghurt/evaporated milk
- Cake and custard/cream or tiramisu
- Cheesecake (no biscuit base)
- Creme caramel, panacotta, Kheer

General Advice

- If possible, and advised by the professionals involved, try to ensure your child has a regular meal routine (e.g. 3 meals and 2 snacks each day)
- Encourage a varied and balanced diet
- Include foods from each of the five food groups
- Ensure meals look appetising
- Use the following website as a guide to help you: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

These are general guidelines. You may also be given more specific recommendations by a Speech and Language Therapist or Dietitian.

If you observe that your child does not manage a particular food of this consistency please stop offering that food and try something different of this consistency.

Be certain that your child does not overfill their mouth if self-feeding.

If you have any further queries or concerns about your child's eating and drinking, please contact your Paediatric Dietitian on 0121 424 1674 or Community Speech and Language Therapist.

References

International Dysphagia Diet Standardisation Initiative: IDDSI
<https://www.iddsi.org>

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Birmingham Community Children's Speech and Language Therapy Service
Birmingham Women's and Children's NHS Foundation Trust - Speech and Language Therapy Service

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