



# 5 MINCED & MOIST

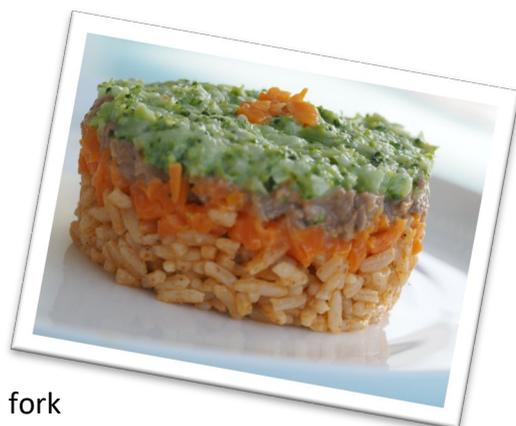


## Level 5 Minced & Moist Food for Adults

### What is this food texture level?

Level 5 – Minced & Moist Foods:

- ✓ Soft and moist, but with no liquid leaking/dripping from the food
- ✓ Biting is **not** required
- ✓ Minimal chewing required
- ✓ Lumps of 4mm in size
- ✓ Lumps can be mashed with the tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbles falling off the fork



### Why is this food texture level used for adults?

Level 5 – Minced & Moist food may be used if you are not able to bite off pieces of food safely but have some basic chewing ability. Some people may be able to bite off a large piece of food, but are not able to chew it down into little pieces that are safe to swallow. Minced & Moist foods only need a small amount of chewing and for the tongue to ‘collect’ the food into a ball and bring it to the back of the mouth for swallowing. It’s important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.

### How do I test my food to make sure it is Level 5 Minced & Moist?

It is safest to test Minced & Moist food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at [www.IDDSI.org/framework/food-testing-methods/](http://www.IDDSI.org/framework/food-testing-methods/)

**IDDSI Fork Test**  
For **adults** the lump size is **4mm**, which is about the gap between the prongs of a standard dinner fork

**ADULT 4mm**  
**CHILD 2mm**

**IDDSI Spoon Tilt Test**  
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked  
  
Sample should **not** be firm or sticky

*Minced & Moist food must pass both tests!*

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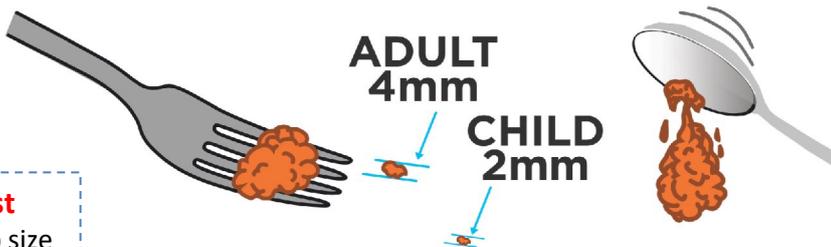
## EXAMPLES of Level 5 Minced & Moist Food for Adults

- \* **Meat** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- \* **Fish** served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- \* **Fruit** served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- \* **Vegetables** cooked, finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- \* **Cereal** served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- \* **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together
- \* **NO REGULAR DRY BREAD due to high choking risk!**  
See <https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich



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Intended for general information only  
Please consult with your health care professional for specific advice for your needs



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For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 5 Minced & Moist Food

Food characteristic to AVOID	Examples of foods to AVOID
<b>Mixed thin + thick textures</b>	Soup with pieces of food, cereal with milk
<b>Hard or dry food</b>	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
<b>Tough or fibrous foods</b>	Steak, pineapple
<b>Chewy</b>	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
<b>Crispy</b>	Crackling; crisp bacon, cornflakes
<b>Crunchy food</b>	Raw carrot, raw apple, popcorn
<b>Sharp or spiky</b>	Corn chips and crisps
<b>Crumbly bits</b>	Dry cake crumble, dry biscuits
<b>Pips, seeds</b>	Apple seeds, pumpkin seeds, white of orange
<b>Food with skins or outer shell</b>	Peas, grapes, chicken skin, salmon skin, sausage skin
<b>Foods with husks</b>	Corn, shredded wheat, bran
<b>Bone or gristle</b>	Chicken bones, fish bones, other bones, meat with gristle
<b>Round, long shaped food</b>	Sausage, grape
<b>Sticky or gummy food</b>	Nut butter, overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
<b>Stringy food</b>	Beans, rhubarb
<b>Floppy foods</b>	Lettuce, cucumber, uncooked baby spinach leaves
<b>Crust formed during cooking or heating</b>	Crust or skin that forms on food during cooking or after heating, for example cheese topping, mashed potato
<b>'Floppy' food</b>	Lettuce, cucumber, baby spinach leaves
<b>'Juicy' food</b>	Where juice separates from the food piece in the mouth, for example watermelon
<b>Large or hard lumps of food</b>	Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm
<b>Extra Clinician notes</b>	

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