



# 5 MINCED & MOIST



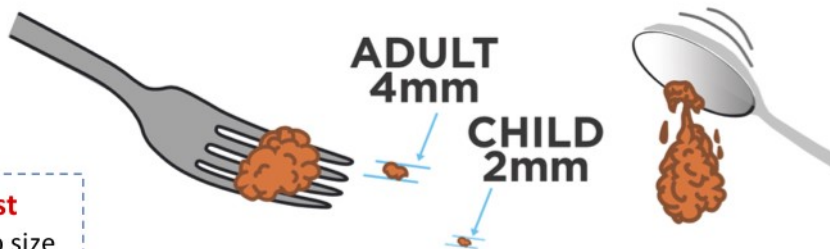
## EXAMPLES of Level 5 Minced & Moist Food for Adults

- \* **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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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

**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!**

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