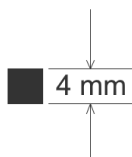


Minced and moist food (IDDSI level 5)

Minced and moist food looks like cooked mince with gravy.

- It is soft and moist.
- It has no fluid leaking or dripping from it.
- It does not need to be bitten.
- It only needs chewing a little.
- It has no lumps bigger than 4mm x 4mm – this big:



How to check minced and moist food

Minced and moist food is the right consistency if it passes the Fork pressure test and the Spoon tilt test. Ask a carer or friend to help you with these tests.

Fork pressure test



Press the fork until your thumbnail goes white. Then lift the fork to check that the food stays squashed.

Spoon tilt test



The full spoonful should hold its shape. It should fall off easily if the spoon is tilted or lightly flicked.

Minced and moist food (IDDSI level 5)

See the IDDSI food test videos at

www.iddsi.org/videos

Recommended foods and foods to avoid

Bread, cereals, rice, pasta, noodles (grain foods)	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Cereal served thick with small, soft lumps. For example, porridge or wheat biscuits soaked in milk. Drain any excess liquid.✓ Soft pasta and noodles.✓ Rice with a thick, smooth, non-pouring sauce to moisten it and hold it together.✓ Rice porridge, congee.	<ul style="list-style-type: none">✗ All bread.✗ All crackers.✗ All pastries.✗ All cakes.✗ All biscuits.✗ Crispy or dry pasta. For example, the edges of a pasta bake or lasagne.✗ Rice that does not hold together such as long-grain, basmati.✗ Rice that is sticky or gluey such as short grain, arborio or risotto.

Vegetables	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Peeled and cooked, finely mashed or chopped vegetables.Puree vegetables that have outer casings. For example, peas and corn.	<ul style="list-style-type: none">✗ Raw vegetables. For example, salads.✗ Vegetables too stringy to mash with a fork. For example, green beans.

Minced and moist food (IDDSI level 5)

Fruit	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> ✓ Peeled, mashed, soft, fresh or canned fruits. For example, bananas, mango, kiwifruit, stone fruits, raspberries, strawberries. ✓ Mashed avocado. ✓ Peeled, cooked and mashed hard fruits. For example, apple, pear. 	<ul style="list-style-type: none"> ✗ Dried fruit. ✗ Stringy or fibrous fruit. For example, pineapple, citrus fruit. ✗ Fruits with an outer casing or pips. For example, citrus fruits, passionfruit, grapes, blueberries.

Meat, fish, poultry, eggs, nuts, seeds and legumes	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> ✓ Meat and fish served finely minced, mashed or chopped with a thick, smooth, non-pouring sauce or gravy. ✓ White meats minced (as they can be stringy). ✓ Red meats (best slow cooked before chopping). ✓ Lentils or beans without skin, finely mashed. For example, red or yellow lentils, kidney beans, baked beans. ✓ Small pieces of soft tofu. ✓ Mashed scrambled eggs. 	<ul style="list-style-type: none"> ✗ Casseroles or minced dishes with hard or chewy pieces. ✗ Meat with gristle or skin. For example, sausages, salami. ✗ Shellfish. ✗ Quiches and pies. ✗ Nuts and seeds. ✗ All other beans and lentils.

Minced and moist food (IDDSI level 5)

Milk and milk products	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Very soft cheese with small lumps, such as cottage cheese and finely grated cheese.✓ Yoghurt (can have small soft fruit pieces).✓ Custard.✓ Instant pudding.✓ Mousse.✓ Rice pudding, canned creamed rice.	<ul style="list-style-type: none">✗ Hard cheeses.✗ Grilled cheese.✗ The rind of soft cheeses such as camembert and brie.✗ Yoghurt with large or hard pieces of fruit.

Other	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Soup (may contain small soft lumps).✓ Salsa, sauces and dips with small soft lumps. For example, hummus, guacamole.✓ Sweet and savoury condiments without lumps of fresh or dried fruit or vegetables.	<ul style="list-style-type: none">✗ Soup with large or hard pieces of meat or vegetables.

Minced and moist food (IDDSI level 5)

Notes or preparation tips

Written by speech-language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers. Last reviewed July 2023.

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