

IDDSI: Minced and Moist {Level 5}

Diet prescribed by your provider

Overview:

- *Size: Adults 4mm wide by 15 mm long (mm= millimeter)*
- *Replaces the Mechanical Soft Ground Diet/ NDD Mechanically Altered Diet.*
- Food particles should fit between slots of a fork prong and come through when pressed.
- This diet should be very soft, tender and moist. Minimal chewing is required, but foods should be able to be easily mashed with a fork.
- Testing Methods: appearance, spoon tilt test and fork pressure test

Why:

- For patients with difficulty chewing or swallowing.
- Patients who are unable to bite foods, have pain with chewing or easily tire when chewing foods.
- This diet is helpful to prevent aspiration (when food/liquids go into the lungs).

Food / Beverages:

Menu References

Menu Offerings 4mm x 15mm in size:	Instead of:
grits, cream of wheat, oatmeal	cold cereal
PUREED or SLURRIED bread, muffins, pancakes, etc.	dry/regular bread, muffins, pancakes, etc.
Rice in thick & smooth gravy that does NOT separate	grainy or sticky rice w/out sauce
meats/poultry/fish served in gravy/sauce	meats/poultry/fish >4mm in size and served w/out gravy/sauce
cooked and tender vegetables (ex. green beans, carrots)	raw vegetables
creamed peas or corn	peas/corn with tough skin
canned or cooked fruits (ex. peaches, pears)	fresh fruits with skins
soft and peeled fruit (ex. honeydew)	dried fruits

Watch out for thickened liquids for this diet

Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.