

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.