**Aim**
To provide a diet of soft-textured foods that can be easily chewed and formed into a bolus.

**Characteristics**
Minced and Moist – Level 5. Foods in this category may be naturally soft (e.g. cottage cheese), or cooked or minced to alter texture. Characteristics of food in this category include:

- can be eaten with a fork or spoon
- could be eaten with chopsticks in some cases, if the individual has very good hand control
- can be scooped and shaped (e.g. into a ball shape) on a plate
- soft and moist
- small lumps visible within the food are equal to or less than 4mm width and no longer than 15mm in length
- lumps are easy to squash with tongue.

Refer to © The International Dysphagia Diet Standardisation Initiative (IDDSI) 2016 @ http://iddsi.org/framework/ for approved IDDSI testing methods.

**Indications**
Swallowing disorders as identified by a speech pathologist, poor dentition or no dentures, or pain or fatigue on chewing.

**Nutritional adequacy**
Nutritionally adequate, however some dishes may require fortification to meet the nutritional requirements. Patients given this diet should be monitored regularly to ensure adequate dietary intake.

**Precautions**
- all beverages, sauces and gravies must be thickened to the appropriate level for individuals also prescribed thickened fluids
- all foods are to be minced or mashed. Puree vegetables may be used to increase variety if minced vegetables cannot be safely prepared, but should be kept to a minimum
- food products that have a sticky, gummy or tacky consistency should not be provided. e.g. nut pastes, tacky porridge
- crusts or skin that forms on food during cooking or heating may alter the texture (e.g. cheese topping, mashed potato)
- the final compliancy assessment of all products should be conducted in conjunction with speech pathologists.

**Paediatrics**
Not suitable for use in paediatrics. Refer to Paediatric Diet Specifications.
### Specific menu planning guidelines

The specified lump size requirements for all food in Minced and Moist – Level 5 are to be equal to or less than 4mm width x 4mm depth and no more than 15mm in length.

These lump size specifications are to be complied with in the following food group categories.

<table>
<thead>
<tr>
<th>Food group</th>
<th>Allowed</th>
<th>Not allowed</th>
</tr>
</thead>
</table>
| **Hot main dishes** | Minced or chopped, tender meats or chicken with a thick sauce or gravy  
Mashed fish in thick sauce  
Casserole dishes, pro-cessed or mashed  
Very soft egg dishes (e.g. scrambled eggs, soft frittata)  
Well-cooked legumes, par-tially mashed or processed (e.g. baked beans)  
Soft tofu, in small pieces or crumbled | Sliced roasted meats or grills  
Meat with gristle  
Crumbed or fried fish  
Dishes with pastry (e.g. spinach pie, quiche, pizza)  
Casseroles with large pieces or fibrous vegetable pieces such as whole peas, whole corn kernels or capsicum with skin. Avoid husks.  
Dishes with crisp topping |
| **Sauces, gravies** | All | Roasted or baked vegetables (including cut-up vegetables)  
Jacket or boiled new potatoes (skin not allowed)  
Rice that does not hold together, or it is dry, sticky or gluey  
Crisp or dry pasta or noodles (like the edge of lasagne) |
| **Starchy vegetables / pasta / rice** | Mashed potato  
Small moist pieces of pasta, noodles or potato (without skin) with plenty of sauce. Sauce does not separate.  
Rice, couscous or quinoa requires a sauce to thicken it and hold it together. Individual grains must not separate | Roasted or baked vegetables (including cut-up vegetables)  
Jacket or boiled new potatoes (skin not allowed)  
Rice that does not hold together, or it is dry, sticky or gluey  
Crisp or dry pasta or noodles (like the edge of lasagne) |
| **Vegetables** | Tender cooked vegetables, served as minced, chopped or mashed  
Pureed vegetables | Large cooked vegetable pieces  
Minced vegetables containing fibrous strands, skins or husks  
Raw vegetables |
| **Soups** | All soups, pureed or with small soft pieces  
Congee with small soft pieces | Soup with large pieces of meat or vegetables (e.g. corn) or rice |
| **Sandwiches** | None | None |
| **Salads, dressings** | None | None |
| **Breads, cereals** | Moist breakfast cereal with small soft lumps (e.g. rolled oats, semolina, wheat flake biscuits soaked in milk) | All bread  
Hard or dry cereals that do not soften easily (e.g. toasted muesli)  
Cereals with dried fruit or seeds |
| **Spreads** | Jams without seeds or peel, honey, smooth spreads | Jams with seeds, marmalade, peanut butter |
| **Hot breakfast choices** | Scrambled eggs  
Baked beans (partially mashed or processed)  
Canned spaghetti (cut-up) | Poached eggs  
All other eggs |
| **Fruit** | Mashed soft fresh fruits (e.g. ripe bananas, mango, pawpaw)  
Soft diced or pureed canned or stewed fruit | Other fresh fruit  
Dried fruit  
Large fruit pieces  
Pineapple – fresh or canned |
| **Yoghurt** | All yoghurt and yoghurt-like desserts – smooth and those containing small pieces of soft fruit | Fruit yoghurts with larger fruit pieces, pineapple or seeds or grains |
| **Desserts** | Soft, moist desserts (e.g. custards, mousses, blancmange, cut-up trifle, creamy rice, puddings)  
Soft fruit-based desserts without large, hard pieces (e.g. jellied fruit)  
Ice-cream  
Soft jelly  
Gelled cake* | Any desserts with hard pastry or crumble topping  
Cakes  
Bread puddings  
Sticky rice |
<table>
<thead>
<tr>
<th><strong>Milk and cheese</strong></th>
<th>Allowed</th>
<th>Not allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All milk, milkshakes, smoothies</td>
<td>Hard cheese</td>
</tr>
<tr>
<td></td>
<td>Very soft cheese with small lumps (e.g. cottage cheese, ricotta)</td>
<td>Crisp cooked cheese topping on hot dishes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Soft sticky cheese (e.g. camembert)</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td>All</td>
<td></td>
</tr>
<tr>
<td><strong>Biscuits</strong></td>
<td>None</td>
<td>All</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td>Nutrition supplements Cream, pepper, salt, sugar, sweetener</td>
<td>Nuts, seeds and coconut Hard lollies or jelly lollies Marshmallows Chocolate</td>
</tr>
</tbody>
</table>

*Cake that has been soaked in jelly or gel so that the entire food portion becomes soggy.*

**References**

2. Consumer Resources – Level 5 Minced and Moist [accessed 28 November 2019]; Available at: [https://iddsi.org/resources/](https://iddsi.org/resources/)