

### **Overview of Minced & Moist (Level 5)**

Level 5 of IDDSI is Minced & Moist. These food textures require very minimal chewing and can be eaten with a fork or spoon. Foods in Level 5 should be finely minced or chopped to 4mm in size. Wondering how big 4mm is? Let's take a look:

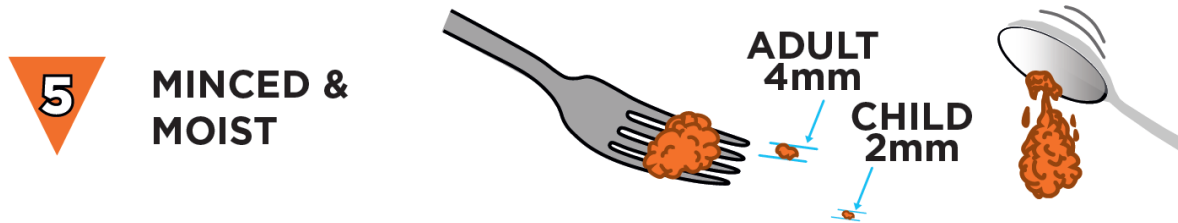
  
4mm particle



For example, fine ground beef particles should be small enough to fit between the tines of a fork.



Minced & Moist foods should be very soft and able to meet the IDDSI Fork Test and IDDSI Spoon Tilt Test. [Watch a video to demonstrate the testing for Minced & Moist foods.](#)



**Examples of Minced & Moist food for adults:**

Meat and Fish – finely minced or chopped, served in a thick, smooth gravy or sauce

Fruit and Vegetables – finely mashed or finely chopped in a blender, drain any excess liquid, all vegetables must be cooked

No regular bread due to high choking risk! [Watch an instructional video on making a Minced & Moist sandwich.](#)

You may want to visit the [IDDSI website](#) for more information.