



Bread Basics

As a general rule, bread products are considered a regular food texture (Level 7). Why? Because bread and bread products can be a choking hazard – well documented in research and cases involving choking.

Consider these risk factors:

- Bread and sandwiches require the ability to bite and chew
- Although bread looks and feels soft, it cannot be easily mashed or broken down into the particle size recommended for Minced & Moist (5)
- There is notable energy and stamina needed to chew bread effectively, many individuals may tire quickly when attempting to chew for long periods of time
- Bread requires softening with saliva
- Bread does not dissolve when wet but instead becomes sticky – sticky and adhesive foods are considered a choking risk

[Read more about Frequently Asked Questions about Bread from IDDSI.](#)



How to Make a Minced & Moist Sandwich

It's still possible to provide modified sandwiches and modified bread products to individuals on Minced & Moist (5) foods. [Check out this video!](#)

Here are the steps:

Minced & Moist Sandwich



Step 1: Using a food processor, pulse the bread to a fine bread crumb approximately 4mm or less (**Note: do not use store-bought bread crumbs**)



Step 2: Add butter/margarine or water to moisten the bread crumbs



Step 3: Place the equivalent of 1 slice of finely chopped bread crumbs in the mold (1 slice bread = One #10 Dip)



Step 4: Add Minced & Moist sandwich filling (Note: Follow the Minced & Moist testing guidelines, recommend using a food mold for plating)



Step 5: Top sandwich filling with additional bread crumbs, repeating steps 2 & 3



Step 6: Complete the appropriate testing including the Fork Test and Spoon Tilt test to ensure compliance

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