

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

# IDDSI Level 5 Minced and Moist Nutrition Therapy

A level 5 minced and moist diet is prescribed to patients who are unable to bite foods, have pain or difficulty chewing foods, or easily tire when chewing foods. Foods in this diet are served minced, soft, and moist with food pieces no larger than 2 mm wide × 8 mm long.

A registered dietitian nutritionist (RDN) can help with figuring out how to enjoy favorite foods while following this diet.

## How to Test the Food

Use a fork or spoon to test if foods are safe to eat while on this diet. Cooking method and serving temperature can affect texture, so be sure to test foods just before beginning to eat.

- IDDSI Fork Test: Pieces should be no wider than 2 mm and no longer than 8 mm. Minced food pieces should fit between the prongs of a fork.
- IDDSI Fork Pressure Test: Using a thumb, press down on a small piece of the food gently and before the nail turns white. The food passes the test if it is completely squashed and does not go back to its original shape.
- IDDSI Spoon Tilt Test: Food should hold its shape on the spoon, slide off spoon easily with almost no food left on the spoon. Gently flick the spoon to get food to fall off and there may be a small thin film left on the spoon. The food sample may spread slightly on the plate.

All foods must meet IDDSI food test requirements.

## Tips

- Prepare foods to make them soft, tender and moist.
- Some foods may be difficult to mince to the appropriate size. If they cannot be finely minced, it is best to puree these foods.
- Add gravy, sauce, vegetable juice, cooking water, milk, or half-and-half while cooking to make foods moist.
- Serve foods in thick enough liquids that help hold the food together, coat the food and so the liquid does not run off the food. Thicken liquids to the consistency recommended by the clinician.
- Strain the liquid or blend it in so the food is one consistency. Some strategies:
  - Drain milk from cereal
  - Drain juice or syrup from canned fruit
  - Create a roux from water and flour to thicken the broth, gravy, or sauce from soups, stews, and casseroles
- Monitor leftover foods while reheating to make sure they don't form a tough outer crust that could make the food harder to eat.

# Foods Recommended and Not Recommended

Food lists are based on the International Dysphagia Diet Standardization Initiative (IDDSI) Framework. Use IDDSI testing methods to confirm foods and drinks are safe.

The following table is not a complete list of foods recommended. Other foods may be OK to eat as long as they meet IDDSI testing requirements. Ask the RDN for more information about the safety of other foods not included on this list.

Food Group	Foods Recommended (Foods should be finely minced or mashed, no larger than 2 mm wide x 8 mm long, and pass the IDDSI test for Level 5)	Foods Not Recommended (Foods larger than 2 mm wide x 8 mm long)
<b>Grains</b>	<ul style="list-style-type: none"> <li>▶ All well-moistened, soft cooked hot cereals that meet the size requirements. Serve without excess liquid.</li> <li>▶ Cold cereal (if approved by the clinician) that meets the size requirements, drained and served without excess liquid.</li> <li>▶ Pregelled, soaked breads that are consistently moist throughout with no hardened sections.</li> <li>▶ Muffins, pancakes, waffles, biscuits and bread dressing served moist and that meet the size requirements. These foods may be best served puree.</li> <li>▶ Soft cooked pasta and potato dishes that meet the size requirements. Serve in a thick and smooth sauce that does not separate from pasta.</li> <li>▶ Rice, couscous, quinoa that is not sticky or glutinous and does not separate into individual grains when cooked. Served with a thick and smooth sauce that does not separate away from food.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Any cereal that doesn't meet size requirements and is served with excess liquid.</li> <li>▶ Regular-consistency, dry bread or toast.</li> <li>▶ Sandwiches with regular-consistency bread.</li> <li>▶ Pasta and potato dishes with pieces that don't meet size requirements and are served in thin sauces.</li> <li>▶ Grainy, sticky, or glutinous rice. Rice that separates into individual grains when cooked or served and is served dry without sauce.</li> </ul>
<b>Protein Foods</b>	<ul style="list-style-type: none"> <li>▶ Note: If protein foods cannot be processed soft and at the appropriate size, puree the foods instead.</li> <li>▶ Cooked, moist, soft and tender meats minced or finely mashed to meet the size requirements:                             <ul style="list-style-type: none"> <li>▶ Red meat, including beef, pork, sausage or lamb</li> <li>▶ Poultry, including skinless chicken or turkey</li> <li>▶ Seafood, including fish (salmon, herring, and sardines), shrimp, lobster, clams, and scallops</li> </ul> </li> <li>▶ Eggs and egg substitutes finely mashed to meet the size requirements.</li> <li>▶ Casseroles with small chunks of meat, ground meats, or tender meats finely mashed to meet the size requirements. Serve in a thick and smooth sauce or gravy, draining excess.</li> <li>▶ Prepared, moistened soy foods, such as tofu or tempeh finely mashed to meet the size requirements.</li> <li>▶ Prepared, moistened meat alternatives, such as plant protein veggie burgers and sausages finely mashed to meet the size requirements. Serve in a thick and smooth sauce or gravy, draining excess, if necessary.</li> <li>▶ Cooked, moistened legumes, such as dried beans, lentils, or peas without shells mashed to meet the size requirements. Serve in a thick and smooth sauce or gravy, draining excess.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Protein foods that don't meet size requirements.</li> <li>▶ Protein foods served with un-drained thin liquids.</li> <li>▶ Chicken, turkey and fish with skin on or with bones.</li> <li>▶ Fish with skin on or with bones; or that is not soft enough to be broken into size requirements.</li> <li>▶ Chunky and smooth nut seed butters, unless recipe meets requirements.</li> <li>▶ Whole nuts and seeds, such as peanuts and almonds; pistachios and sunflower seeds.</li> </ul>

Food Group	Foods Recommended (Foods should be finely minced or mashed, no larger than 2 mm wide x 8 mm long, and pass the IDDSI test for Level 5)	Foods Not Recommended (Foods larger than 2 mm wide x 8 mm long)
<b>Dairy and Dairy Alternatives</b>	<ul style="list-style-type: none"> <li>▶ Yogurt (without nuts or coconut), cottage cheese finely mashed to meet the size requirements.</li> <li>▶ Cream cheese, sour cream, pudding, custard and whipped topping, with thickness adjusted as needed to meet the size requirement.</li> <li>▶ Frozen desserts such as ice cream, sherbet, malts, and frozen yogurt if recommended by the clinician.</li> <li>▶ Milk, fortified soymilk, fortified nut milk in the liquid consistency recommended by the clinician.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Yogurt with nuts or coconut.</li> <li>▶ Hard, dry, chewy or sticky cheese.</li> <li>▶ Cheese chunks that do not meet size requirements.</li> <li>▶ Frozen desserts such as ice cream, sherbet, malts, and frozen yogurt, unless approved by the clinician.</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>▶ Cooked, tender vegetables and potatoes finely mashed to meet the size requirements and with liquid drained. If indicated, serve in a thick and smooth sauce or gravy, draining excess. There should not be thin liquid separating from food.</li> <li>▶ Peas, creamed peas and creamed corn with soft skins and free of husks; may be blended or incorporated into IDDSI safe stews and soups. If incorporated into a recipe, must pass IDDSI testing methods.</li> <li>▶ Vegetable juices in the liquid consistency recommended by the clinician.</li> </ul>	<ul style="list-style-type: none"> <li>▶ All raw vegetables including lettuce.</li> <li>▶ Cooked vegetables larger than diet requirements.</li> <li>▶ Cooked vegetables that are fibrous, tough, firm, or stringy such as green beans and peapods.</li> <li>▶ Peas with tough skins or shells.</li> <li>▶ Corn with husks.</li> <li>▶ Sticky or crunchy potatoes such as potato/mashed potato casseroles with hard tops.</li> <li>▶ Stir-fried, undercooked or fried vegetables.</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>▶ Canned and cooked fruits, drained of excess juices, served finely minced or mashed to meet the size requirement. If indicated, serve in a thick and smooth sauce or liquid, draining excess. There should not be thin liquid separating from food.</li> <li>▶ Soft, peeled fresh fruits such as peaches, nectarines, kiwi, cantaloupe, and honeydew, soft berries with small seeds (ie, strawberries).</li> <li>▶ If indicated, serve in a thick and smooth liquid, draining excess. There should not be thin liquid separating from food.</li> <li>▶ 100% fruit juice in the liquid consistency recommended by the clinician.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Soft fruit pieces larger than required of diet, or fruit served with excess juice.</li> <li>▶ Most fresh fruits with difficult-to-chew peels or pits/seeds such as grapes and apples; and difficult-to-chew or hard/crunchy fresh fruits such as apples or pears.</li> <li>▶ Stringy, high-pulp fibrous fruits such as papaya, pineapple, rhubarb or mango unless prepared to meet diet requirements.</li> <li>▶ Fruits with high water content, that juice separates from solid in the mouth such as watermelon unless approved by the clinician.</li> <li>▶ Dried fruits such as raisins, prunes or apricots.</li> <li>▶ Fruit leather, fruit roll-ups, fruit snacks, dried fruits.</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>▶ Coffee, tea, water, 100% fruit juice, and nutritional supplements in the liquid consistency recommended by the clinician.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Liquids not approved by the clinician.</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>▶ Prepared foods, including casseroles, cooked salads, baked goods, and snacks that meet the size requirement.</li> <li>▶ If indicated, serve in a thick and smooth sauce, gravy or liquid, draining excess. There should not be thin liquid separating from food.</li> <li>▶ Pureed soups with small chunks that meet size requirement.</li> <li>▶ All seasonings and sweeteners, including honey.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Jelly</li> </ul>

# Level 5 Minced and Moist 1,200-Calorie Sample 1-Day Menu

Meal	Menu
<b>Breakfast</b>	<ul style="list-style-type: none"><li>■ 1 scrambled egg cut into 2 mm wide × 8 mm long pieces</li><li>■ ½ cup oatmeal, moist, excess liquid drained, with lumps no larger than 2 mm wide × 8 mm long</li><li>■ ½ cup canned peaches, drained, cut into pieces no larger than 2 mm wide × 8 mm or served mashed</li><li>■ 1 cup whole milk (in the liquid consistency recommended by your clinician)</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>■ ½ cup soft, cooked spaghetti noodles cut into pieces no larger than 2 mm wide × 8 mm</li><li>■ 1 teaspoon olive oil, for noodles</li><li>■ 2 tablespoons tomato sauce, for noodles</li><li>■ ¼ cup soft, cooked lentils cut into pieces no larger than 2 mm wide × 8 mm long or served mashed</li><li>■ 1 cup whole milk (in the liquid consistency recommended by your clinician)</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>■ 1 ounce cooked ground beef cut into pieces no larger than 2 mm wide × 8 mm long pieces</li><li>■ 2 tablespoons gravy, for ground beef</li><li>■ ½ cup cooked soft carrots cut into pieces no larger than 2 mm wide × 8 mm long or served mashed</li><li>■ ¼ cup mashed sweet potatoes</li><li>■ 1 teaspoon butter</li><li>■ ½ cup apple juice (in the liquid consistency recommended by your clinician)</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>■ ½ cup smooth strawberry yogurt</li></ul>

# Level 5 Minced and Moist 1800-Calorie Sample 1-Day Menu

Meal	Menu
<b>Breakfast</b>	<ul style="list-style-type: none"><li>■ 1 scrambled egg cut into 2 mm wide × 8 mm long pieces</li><li>■ 1 teaspoon olive oil, for scrambled eggs</li><li>■ ½ cup oatmeal, moist, excess liquid drained, with lumps no larger than 2 mm wide × 8 mm long</li><li>■ 1 teaspoon butter, mixed into oatmeal</li><li>■ ¾ cup smooth applesauce</li><li>■ 1 cup vegetable juice (in the liquid consistency recommended by your clinician)</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>■ 2 slices pregelled, soaked bread, moistened and gelled throughout product</li><li>■ 2 ounces hamburger cut into pieces no larger than 2 mm wide × 8 mm long with:<ul style="list-style-type: none"><li>■ 1 slice cheese melted in hamburger</li><li>■ 2 teaspoons dill pickle relish with pieces no larger than 2 mm wide × 8 mm long mixed with hamburger</li><li>■ ½ teaspoon mustard mixed with hamburger</li><li>■ 2 teaspoons ketchup mixed with hamburger</li></ul></li><li>■ ½ cup mashed potatoes</li><li>■ ½ cup mashed, soft, cooked carrots</li><li>■ 1 cup 1% milk (in the liquid consistency recommended by your clinician)</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>■ 2 ounces turkey taco meat cut into pieces no larger than 2 mm wide × 8 mm long with:<ul style="list-style-type: none"><li>■ 2 tablespoon cheese melted in turkey</li><li>■ 2 tablespoons salsa with pieces no larger than 2 mm wide × 8 mm long mixed with turkey</li><li>■ 1 tablespoon sour cream mixed with turkey</li></ul></li><li>■ ½ cup moist, well-cooked rice mixed with:<ul style="list-style-type: none"><li>■ 1 tablespoon gravy</li><li>■ ½ cup refried beans</li></ul></li><li>■ ½ cup apple juice (in the liquid consistency recommended by your clinician)</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>■ ½ cup smooth strawberry yogurt</li><li>■ ¾ cup mashed canned peaches, drained</li></ul>

# Sample Meal Plan

Use this form to create an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

## Notes: