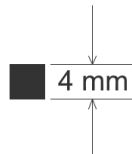


## Minced and moist food (IDDSI level 5)

Minced and moist food looks like cooked mince with gravy.

- It is soft and moist.
- It has no fluid leaking or dripping from it.
- It does not need to be bitten.
- It only needs chewing a little.
- It has no lumps bigger than 4mm x 4mm – this big:



### How to check minced and moist food

Minced and moist food is the right consistency if it passes the Fork pressure test and the Spoon tilt test. Ask a carer or friend to help you with these tests.

#### Fork pressure test



Press the fork until your thumbnail goes white. Then lift the fork to check that the food stays squashed.

#### Spoon tilt test



The full spoonful should hold its shape. It should fall off easily if the spoon is tilted or lightly flicked.

See the IDDSI food test videos at [www.iddsi.org/videos](http://www.iddsi.org/videos)



## Recommended foods and foods to avoid

Bread, cereals, rice, pasta, noodles (grain foods)	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> <li>✓ Cereal served thick with small, soft lumps. For example, porridge or wheat biscuits soaked in milk. Drain any excess liquid.</li> <li>✓ Soft pasta and noodles.</li> <li>✓ Rice with a thick, smooth, non-pouring sauce to moisten it and hold it together.</li> <li>✓ Rice porridge, congee.</li> </ul>	<ul style="list-style-type: none"> <li>✗ All bread.</li> <li>✗ All crackers.</li> <li>✗ All pastries.</li> <li>✗ All cakes.</li> <li>✗ All biscuits.</li> <li>✗ Crispy or dry pasta. For example, the edges of a pasta bake or lasagne.</li> <li>✗ Rice that does not hold together such as long-grain, basmati.</li> <li>✗ Rice that is sticky or gluey such as short grain, arborio or risotto.</li> </ul>

Vegetables	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> <li>✓ Peeled and cooked, finely mashed or chopped vegetables.</li> <li>Puree vegetables that have outer casings. For example, peas and corn.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Raw vegetables. For example, salads.</li> <li>✗ Vegetables too stringy to mash with a fork. For example, green beans.</li> </ul>



Fruit	
<p>✓ <b>Recommended foods</b></p> <p>✓ Peeled, mashed, soft, fresh or canned fruits. For example, bananas, mango, kiwifruit, stone fruits, raspberries, strawberries.</p> <p>✓ Mashed avocado.</p> <p>✓ Peeled, cooked and mashed hard fruits. For example, apple, pear.</p>	<p>✗ <b>Foods to avoid</b></p> <p>✗ Dried fruit.</p> <p>✗ Stringy or fibrous fruit. For example, pineapple, citrus fruit.</p> <p>✗ Fruits with an outer casing or pips. For example, citrus fruits, passionfruit, grapes, blueberries.</p>

Meat, fish, poultry, eggs, nuts, seeds and legumes	
<p>✓ <b>Recommended foods</b></p> <p>✓ Meat and fish served finely minced, mashed or chopped with a thick, smooth, non-pouring sauce or gravy.</p> <p>✓ White meats minced (as they can be stringy).</p> <p>✓ Red meats (best slow cooked before chopping).</p> <p>✓ Lentils or beans without skin, finely mashed. For example, red or yellow lentils, kidney beans, baked beans.</p> <p>✓ Small pieces of soft tofu.</p> <p>✓ Mashed scrambled eggs.</p>	<p>✗ <b>Foods to avoid</b></p> <p>✗ Casseroles or minced dishes with hard or chewy pieces.</p> <p>✗ Meat with gristle or skin. For example, sausages, salami.</p> <p>✗ Shellfish.</p> <p>✗ Quiches and pies.</p> <p>✗ Nuts and seeds.</p> <p>✗ All other beans and lentils.</p>



Milk and milk products	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> <li>✓ Very soft cheese with small lumps, such as cottage cheese and finely grated cheese.</li> <li>✓ Yoghurt (can have small soft fruit pieces).</li> <li>✓ Custard.</li> <li>✓ Instant pudding.</li> <li>✓ Mousse.</li> <li>✓ Rice pudding, canned creamed rice.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Hard cheeses.</li> <li>✗ Grilled cheese.</li> <li>✗ The rind of soft cheeses such as camembert and brie.</li> <li>✗ Yoghurt with large or hard pieces of fruit.</li> </ul>

Other	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> <li>✓ Soup (may contain small soft lumps).</li> <li>✓ Salsa, sauces and dips with small soft lumps. For example, hummus, guacamole.</li> <li>✓ Sweet and savoury condiments without lumps of fresh or dried fruit or vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Soup with large or hard pieces of meat or vegetables.</li> </ul>



## Notes or preparation tips

Written by speech-language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers. Last reviewed July 2023.

See [www.healthinfo.org.nz/Dietary-suggestions.htm](http://www.healthinfo.org.nz/Dietary-suggestions.htm) for more information.

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