

“We Test for Safety”

IDDSI Levels: Minced & Moist (Level 5)



Abbreviation	MM5
Food Characteristics	<p>Soft, moist, small, “minced-sized” particles, not sticky. No separate thin liquid.</p> <p>Must be prepared for minimal chewing where tongue force can separate food pieces.</p> <p>Can be scooped or shaped (e.g. into a ball) on plate/fork, minimal chewing but no biting required; tongue force required to move around food, lumps can be easily mashed with little pressure from fork.</p>
Food Piece Size	<p>“Minced-sized” pieces: No bigger than 4 mm width x 15 mm length (adults) or 2 mm width x 8 mm length (children).</p>
Individual’s Degree of Chewing and/or Swallowing Problems	<p>Dysphagia. Chewing and swallowing problems. Pain or fatigue on chewing.</p>
IDDSI Tests	<p>Appearance, Fork Pressure Test, Spoon Tilt Test.</p>



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