



5 MINCED & MOIST



Level 5 Minced & Moist Food for Babies and Children

What is this food texture level?

Level 5 – Minced & Moist Foods:

- ✓ Soft and moist, but with no liquid leaking/dripping from the food
- ✓ Biting is **not** required
- ✓ Minimal chewing required
- ✓ Lumps of 2mm in size
- ✓ Lumps can be mashed with the tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbs falling off the fork



Why is this food texture level used for babies and children?

Level 5 – Minced & Moist food may be used if your child is not able to bite off pieces of food safely but has some beginner or basic chewing ability. Children may be able to bite off a large piece of food but may not be able to chew it down into little pieces that are safe to swallow. Minced & Moist foods only need a small amount of chewing and for the tongue to 'collect' the food into a ball and bring it to the back of the mouth for swallowing. It's important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.

How do I test my food to make sure it is Level 5 Minced & Moist?

It is safest to test Minced & Moist food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Test
For *children* the lump size is **2mm**, which is about half the gap between the prongs of a standard dinner fork

ADULT
4mm

CHILD
2mm

IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Minced & Moist food must pass both tests!



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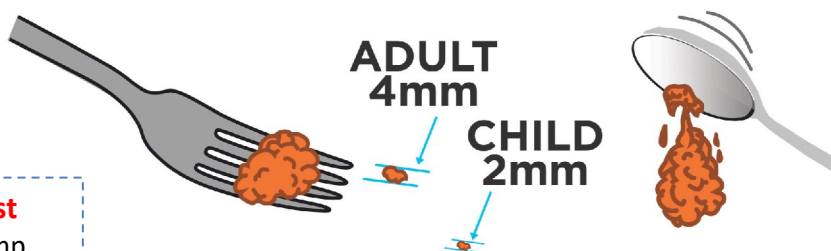


EXAMPLES of Level 5 Minced & Moist Food for Babies and Children

- * **Meat** served finely minced or chopped to 2mm lump size served in a thick, smooth, non-pouring sauce or gravy
- * **Fish** served finely mashed or chopped to 2mm lump size served in a thick, smooth, non-pouring sauce or gravy
- * **Fruit** served finely mashed or use a blender to finely chop it into to 2mm lump size pieces (drain any excess liquid)
- * **Vegetables** cooked, finely mashed or use a blender to finely chop it into to 2mm lump size pieces (drain any excess liquid)
- * **Cereal** served thick with small soft 2mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- * **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey, and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together
- * **NO REGULAR DRY BREAD** due to high choking risk!
See <https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich



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IDDSI Fork Test

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For safety, **AVOID** these food textures that pose a choking risk for babies and children who need Level 5 Minced & Moist Food

Food characteristic to AVOID	Examples of foods to AVOID
Mixed thin + thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling; crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips and crisps
Crumbly bits	Dry cake crumble, dry biscuits
Pips, seeds	Apple seeds, pumpkin seeds, white of orange
Food with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butter, overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Floppy foods	Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating, for example cheese topping, mashed potato
'Floppy' food	Lettuce, cucumber, baby spinach leaves
'Juicy' food	Where juice separates from the food piece in the mouth, for example watermelon
Large or hard lumps of food	Casserole pieces larger than 2mm x 2mm x 8mm; fruit, vegetable, meat or other food pieces larger than 2mm x 2mm x 8mm
Extra Clinician notes	

Intended for general information only. Please consult with your health care professional for specific advice for your baby or child