

About IDDSI Level 5 (Minced + Moist)

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global project that gives standardized terms, definitions, and testing methods for modified foods and liquids that could be recommended for a person with dysphagia.

IDDSI Level 5 is used to describe foods. It is described as minced and moist.

Level 7: Regular

Level 6: Soft and Bite-Sized

Level 4: Pureed / Extremely Thick

Level 2: Mildly Thick

Level 7: Easy-to-chew, Regular

Level 5: Minced + Moist

Level 3: Liquidised / Moderately Thick

Level 1: Slightly Thick

Level 0: Thin

Understanding IDDSI Level 5:

What does it look like? Small lumps are visible in the moist food, but they can easily be squashed with the tongue. The lump sizes are no bigger than 15mm x4mm. Use the fork width and distance between prongs to check the size. Minimal chewing is needed.

What happens if you tilt a spoonful of it? If you have a spoonful of an IDDSI Level 5 food and tilt the spoon, the food will fall off easily and hold its shape. There might be some food left on the spoon, but not a lot. It's not sticky.

What happens if you squish it with a fork? You will be able to easily squish an IDDSI Level 5 food with a fork - so easily that your thumb will not turn white from pressure (blanch). The lumps of food will be squished or go through the prongs of the fork.

Learn More:

✓ [IDDSI Level 5 Patient Handout](#)

Reference: The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>.

These are NOT official IDDSI resources, educational materials or education programs and they are NOT meant to replace materials and resources on www.IDDSI.org

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Food Examples

IDDSI Level 5 is used to describe foods. It is described as minced and moist. The best way to know if your item is the right level is to check:

- ✓ **What size are the lumps?** At largest, they should be 15mm x4mm.
- ✓ **What happens if you squish it with a fork?** The lumps should be so easy to squish with a fork, your thumb won't turn white (blanch).
- ✓ **What happens if you tilt a spoonful of it?** If you have a spoonful of an IDDSI Level 5 food and tilt the spoon, the food will fall off easily and hold its shape. There might be some food left on the spoon, but not a lot. It's not sticky.



There are several items that come consistent to IDDSI Level 5.

- ✓ Rice pudding
- ✓ Marinara sauce
- ✓ Oatmeal
- ✓ Guacamole

Other items will need to be modified to be consistent with minced + moist foods.

Can you add examples from your own preferred foods?

Watch out for:

- ✓ Sticky foods (example: peanut butter)
- ✓ Foods that form a crust when cooked (example: casserole)
- ✓ Foods should not separate into individual pieces (example: rice)

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Evaluate a Food

IDDSI Level 5 is used to describe minced and moist foods. Pick some foods to evaluate. Use the following questions to decide if this food is an IDDSI Level 5 food.

Are lumps at biggest 15mm x 4mm? (Use a fork width and prong width to check)

What happens if you tilt a spoonful of it?

What happens if you squish it with a fork?

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IDDSI Level 5 (Minced + Moist) Test Yourself

Which of these foods would be consistent with IDDSI Level 5? Why or why not?



What foods do you want to evaluate for your own eating?

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Make-Your-Own Menu Ideas

First, describe your mealtimes. Then, create your menu ideas for the different meal activities you participate in.

Describe mealtimes:

Menu Ideas:

Learn More:

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