

Guide to minced & moist food

What is minced & moist food?

- Minced & moist food is Level 5 on the IDDSI dysphagia diet. <https://iddsi.org>
- The food is cut into very small pieces: 4 mm ($\frac{1}{8}$ ") on each side, small enough to fit between the tines of a standard dinner fork.
- The food is moist, but not sticky or firm.

How can I tell if my food is minced & moist?

- The IDDSI Fork Test: The pieces fit between the tines of a standard dinner fork
- The IDDSI Spoon Tilt Test: Scoop up a sample of the food. When you tilt the spoon (you can lightly flick it), the food holds its shape and falls off easily.
- The food is not sticky or firm.

Which foods should I avoid?

- Check out the IDDSI Level 5 Minced & Moist Food handout at <https://iddsi.org> for more details. Here are types of food to avoid:

Mixed thin & thick textures	Hard or dry food	Tough or fibrous food
Chewy foods	Crispy or crunchy food	Sharp or spiky food
Crumbly bits	Pips or seeds	Food with skins or outer shells or husks
Bone or gristle	Round, long-shaped foods	Sticky or gummy food
Stringy food	Floppy food	Crust formed during cooking or heating
Juicy food	Large or hard lumps of food	

What tools do I need to make minced & moist food?

- A sharp knife.
- A food processor with a decent motor and a sharp blade.
- A blender may work for some foods.
- Optional: onion chopper, potato masher, potato ricer, a meat grinder, or a food mill.

Tips for mincing food

- Ask the meat department to mince your meat.
- Buy ground meat, cook it, then pulse in a food processor until the pieces are small enough.
- When using a food processor, use the “PULSE” mode. Stop pulsing when the pieces are small enough.
- Mince one food at a time, separate from each other to retain the color and taste.

Ideas for liquids to add

- You can add liquid or moisture while mincing or afterwards. Your results may vary depending on what type of food and liquid you're using.

Low sodium gravy or broth	Pureed soup	Tomato sauce
Alfred or Hollandaise sauce	Salad dressing	Butter or margarine
Sour cream or yogurt	Mayonnaise	Milk or a supplement drink
Orange or apple juice	Cranberry juice	Lemon or lime juice

How to mince raw meat (see website for tutorial videos)

- If using a food processor, cut the meat into 1-2” chunks. You can either mince at this point, or place in a single layer on a tray and put into the freezer for 15-20 minutes to make it more firm.
- If mincing by hand, place the whole piece of meat into the freezer to partially freeze it. This will make it easier to cut with a knife.

Specific meal ideas

Adapted from the Dysphagia Foods & Recipes Group on Facebook.

- Pancakes minced in a food processor or with a good onion chopper. Add syrup, applesauce, or minced soft fruit.
- Cooked sausage minced well, then mix in scrambled eggs and add white gravy.
- Tacos with beans: Cook ground beef or ground turkey with taco seasoning. Mince the meat well with some shredded cheese and put into a bowl. Add refried beans, salsa verde, and sour cream. Squeeze on some fresh lime juice.
- Sloppy Joes: Cook ground beef or ground turkey with a can of Sloppy Joe sauce (or [make your own](#)). Mince well and serve on the bottom of a hamburger roll that has been minced with an onion chopper. Allow the sauce to soak into the bread before eating.
- Chicken salad: Cook chicken, then allow to cool. Mince the meat, and put into a bowl. Mince some pickled onion and add it to the bowl with some mayonnaise. Optional: remove crust from soft bread and mince with an onion chopper or food processor. Make a thin sauce by mixing some mayonnaise with lime juice. Allow the bread to soak up the sauce so it's moist. Add the chicken salad on top.
- Cookies can be minced with plain or flavored yogurt.