

FAQ Category: Foods; Choking

Q: My facility serves sandwiches with moist, minced fillings. Can this be included in the Level 5 - Minced & moist diet?

A: As a general rule, bread products are considered a regular food texture (Level 7) and are not permitted at levels 6 (Soft & Bite-Sized) or 5 (Minced & Moist). This decision is based on a review of the choking literature, in which bread is frequently identified as a cause of choking (Irwin et al., 1977; Ekberg & Feinberg, 1992; South Australia Coronial Inquest, 1997; Wick et al., 2006; Berzlanovich et al., 1999, 2005; Food Safety Commission of Japan, 2010; Licea, 2016). If a piece of bread or sandwich is pre-cut to fall below the maximum size guideline of Level 6 (1.5 cm *for adults*), then a clinician might decide to allow it for some patients on a case-by-case basis. Bread cannot, however, be easily mashed or broken down into particles of 4mm or smaller, due to its fibrous nature and it is therefore not suitable for inclusion at Level 5 (Minced & Moist). In some countries, modified bread products may be available under the names “pre-gelled” or “soaked” bread. The IDDSI food texture testing guidelines should be used to confirm whether or not these products fall within levels 5 or 6 on the IDDSI framework.

References:

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