



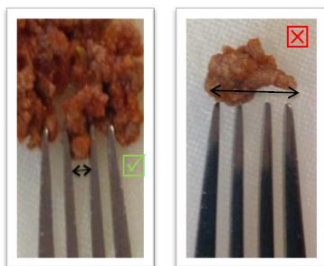
Minced & Moist, Level 5 Foods

Last month's **IDDSI Can Do!** feature introduced the Pureed Level 4 food texture. This month we climb the IDDSI pyramid to introduce Minced & Moist, MM5. All the details can be found in the [IDDSI Framework](#) or through the **free** IDDSI app.

What are Minced & Moist (MM5) Foods?

5 MINCED & MOIST

Minced & Moist foods are soft, moist and cohesive, containing small lumps that are easy to squash with the tongue. MM5 is a safe and tasty way to introduce some texture without the need for much chewing. There are different particle sizes for children (2 mm) and adults (4mm). Use the tines of a fork to measure the pieces.



Note - lump size requirements for all foods in Level 5 Minced & Moist:

- Paediatric, equal to or less than 2mm width and no more than 8mm in length
- Adult, equal to or less than 4mm width and no more than 15mm in length

Verify if a food truly is Minced & Moist with the [audit tool](#) and share this information with the patient handouts for [adults](#) and [children](#).

MM5 -A “consistent” consistency

Unlike older minced diets, IDDSI MM5 brings consistency to the texture standard. Gone are the harder and drier items that make oral processing challenging. Instead, MM5 is a safe and reliable way to ensure that foods on a minced diet are all... *MINCED!* Enjoy some favourite items like soft mashed banana, oatmeal or soft sandwich fillings without the guesswork.

Minced or mashed but always moist, level 5 diets are a great choice!

