

# Minced & Moist Diet



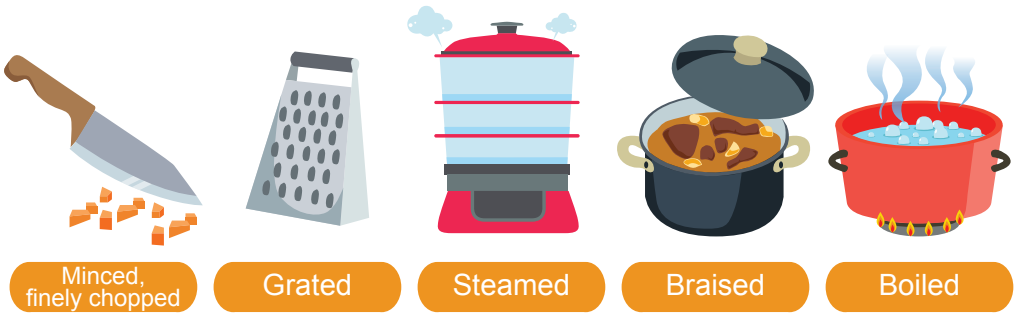
## What is it?

- Food that is soft and moist
- Easily mashed with a fork using little pressure
- Food particles are 4mm by 15mm (the gap between the prongs of a fork)
- Can be scooped onto a fork with no fluids / gravy dripping from it

## Who is it for?

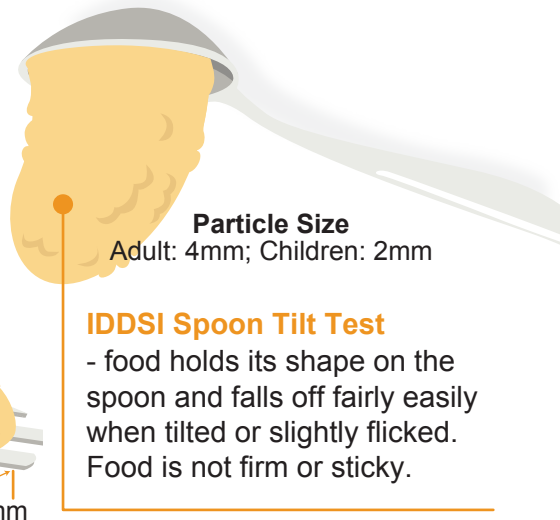
- Individuals with minimal chewing abilities, but are still able to collect the food and bring it to the back of mouth for swallowing

## Preparation Methods



## How to test it?

**International Dysphagia Diet Standardisation Initiative (IDDSI) Fork Drip Test** - food does not drip through the fork and sits in a pile above the fork.



**Particle Size**  
Adult: 4mm; Children: 2mm

### IDDSI Spoon Tilt Test

- food holds its shape on the spoon and falls off fairly easily when tilted or slightly flicked. Food is not firm or sticky.

## Preparation Method

### Starch



**Rice** – Cooked soft, use gravy / sauce to moisten and hold rice together. Rice should not be sticky or separate into individual grains when served.

**Example:**

- Porridge
- Oats
- Soft rice

### Protein



**Meat** – Finely minced or chopped to 4mm pieces, served with thick, smooth gravy.

**Example:**

- Chopped tuna
- Minced meat
- Steamed egg

### Vegetables



**Vegetables** – Cooked, finely minced or chopped into small 4mm pieces, with excess liquid drained.

**Example:**

- Soft and chopped carrot / pumpkin / potato
- Minced gourd

### Fruits



**Fruits** – Served finely mashed or finely chopped into 4mm pieces with excess liquid drained.

**Example:**

- Minced watermelon
- Chopped banana

### Desserts



**Desserts** – Served thick with small, soft 4mm lumps. Liquid should not be separated from dessert. Drain excess liquid before serving.

**Example:**

- Jelly
- Chin chow dessert

If coughing, choking, throat clearing or shortness of breath is noticed during eating, stop feeding and allow the patient to rest for a few minutes. If this persists, please seek a physician or speech therapist's advice.

**Other instructions:**

**Watch this video for more information on modified diets and general tips on making these diets nutritious for your loved one.**



Speech Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

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