**How to Prepare a Minced & Moist (IDDSI Level 5) Sandwich**

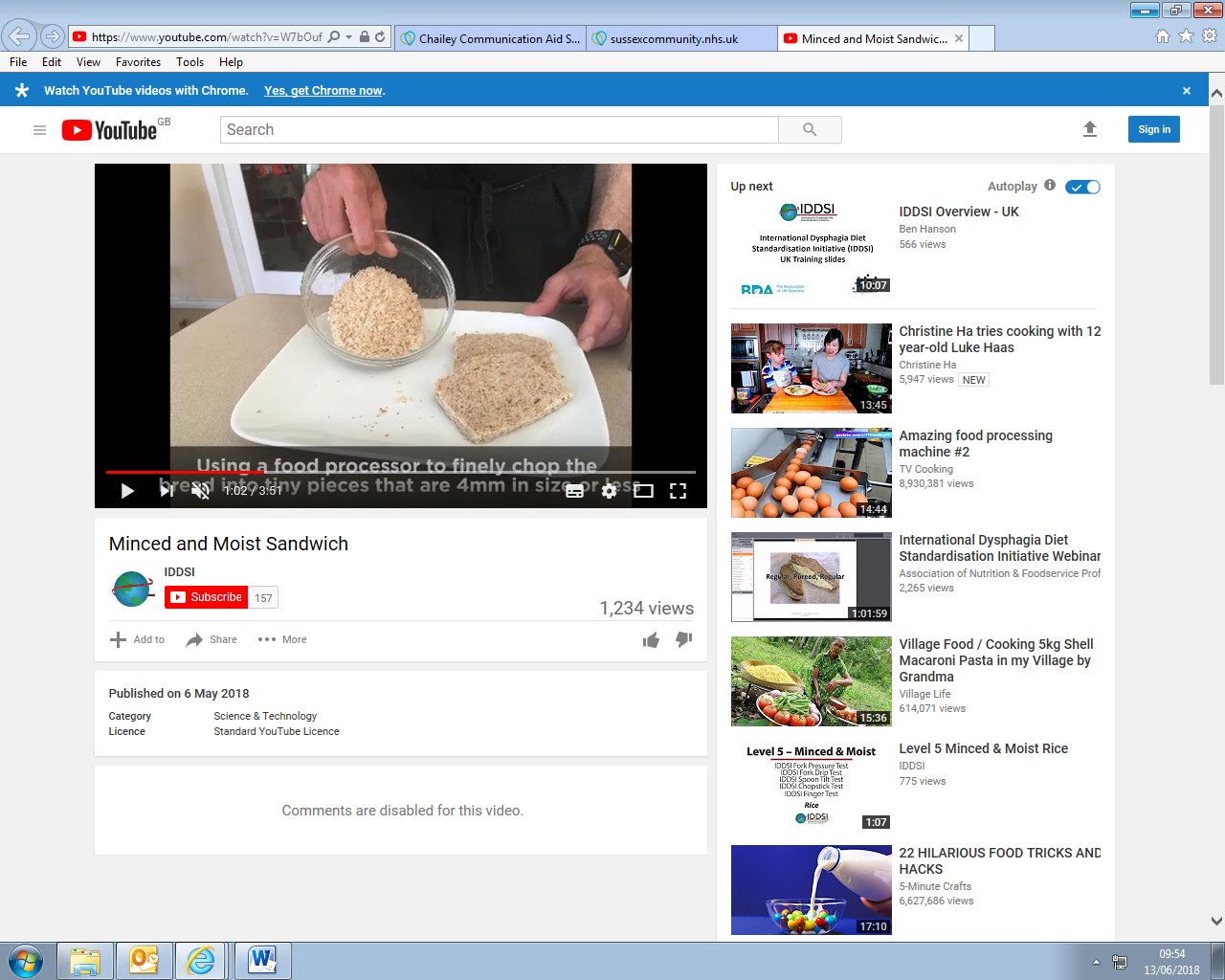
Bread provides much needed nutrition and is something that people the world over enjoy eating. Although we think of bread as soft, it takes a lot of chewing with tongue and jaw movement to break it down and make it safe to swallow. Sadly, coroner’s reports show that bread and sandwiches are some of the most common high risk foods that people choke on.

The following link shows how quickly and easily a piece of food can become lodged in a person’s airway, causing them to choke. The video also contains full instructions on how to prepare a minced and moist sandwich. <https://youtu.be/W7bOufqmz18>

*(All of the information contained within this handout has been taken from this link).*

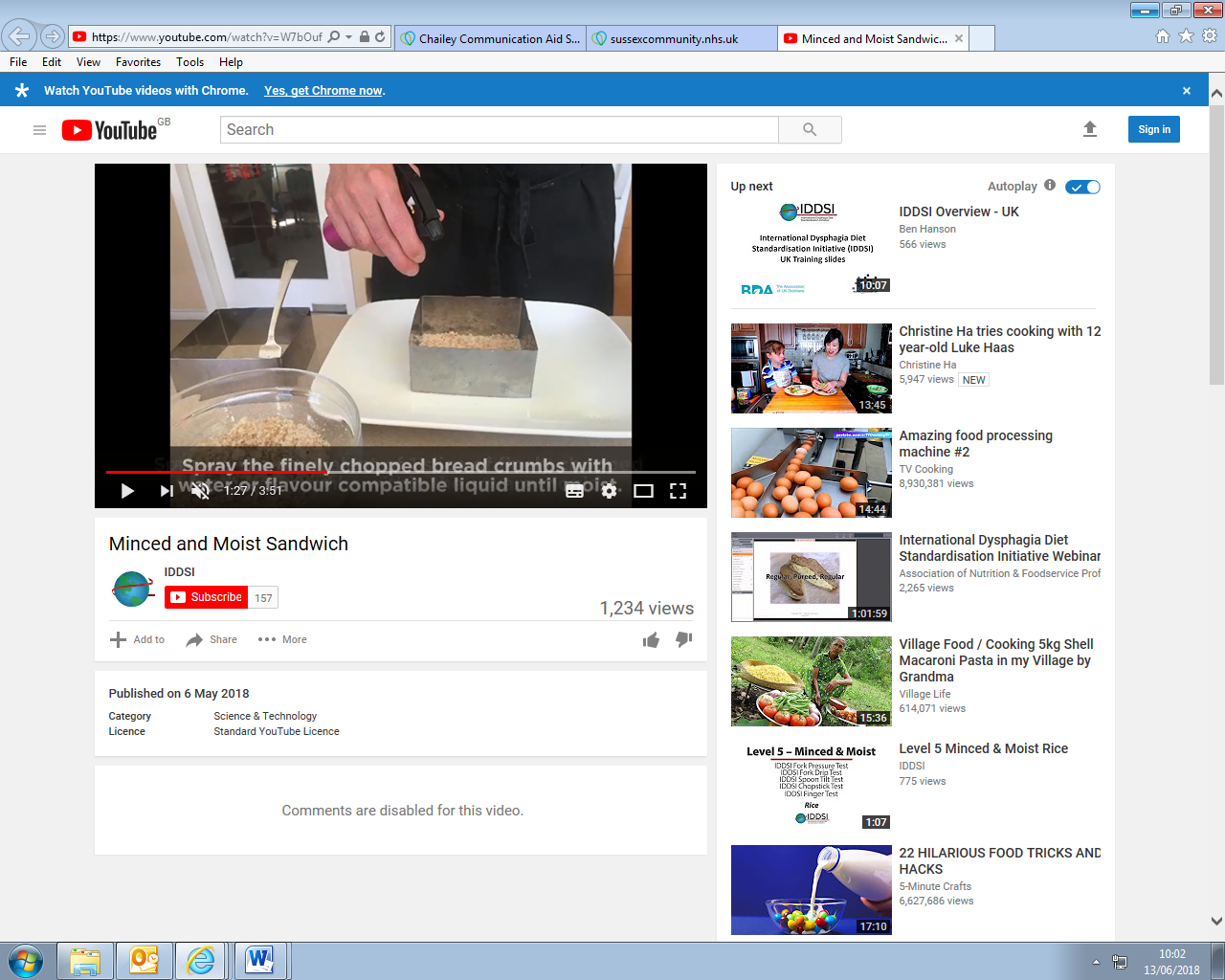
**So how do we make sandwiches safe for people with chewing and swallowing problems?** With some modifications to the bread and careful choice of filling, sandwiches can be back on the menu for those recommended to have an IDDSI minced and moist (level 5) diet. ***Please check with your speech and language therapist whether this is an appropriate option.***

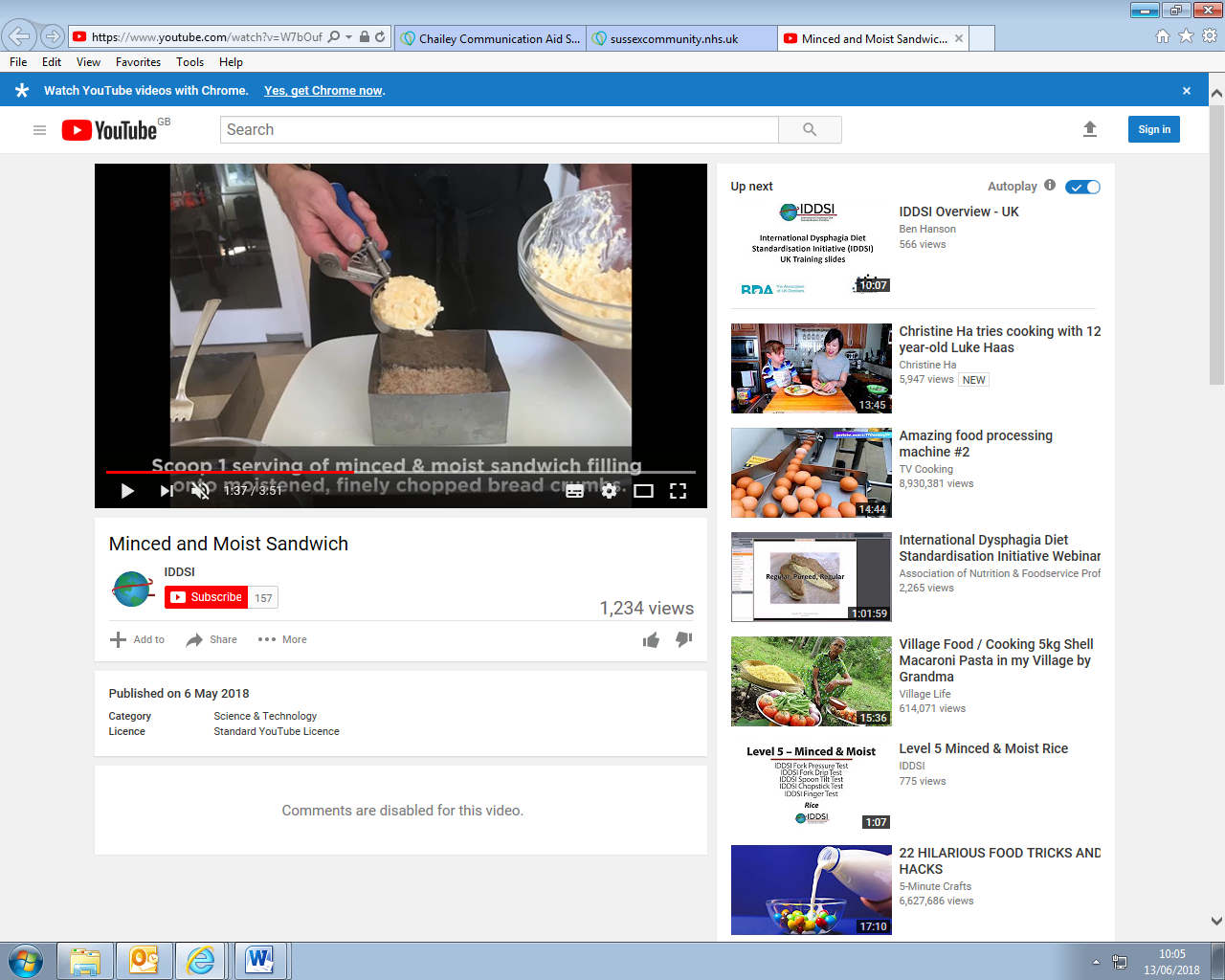
**How to prepare a minced and moist (IDDSI level 5) sandwich:**

1. First remove the crusts from the bread.

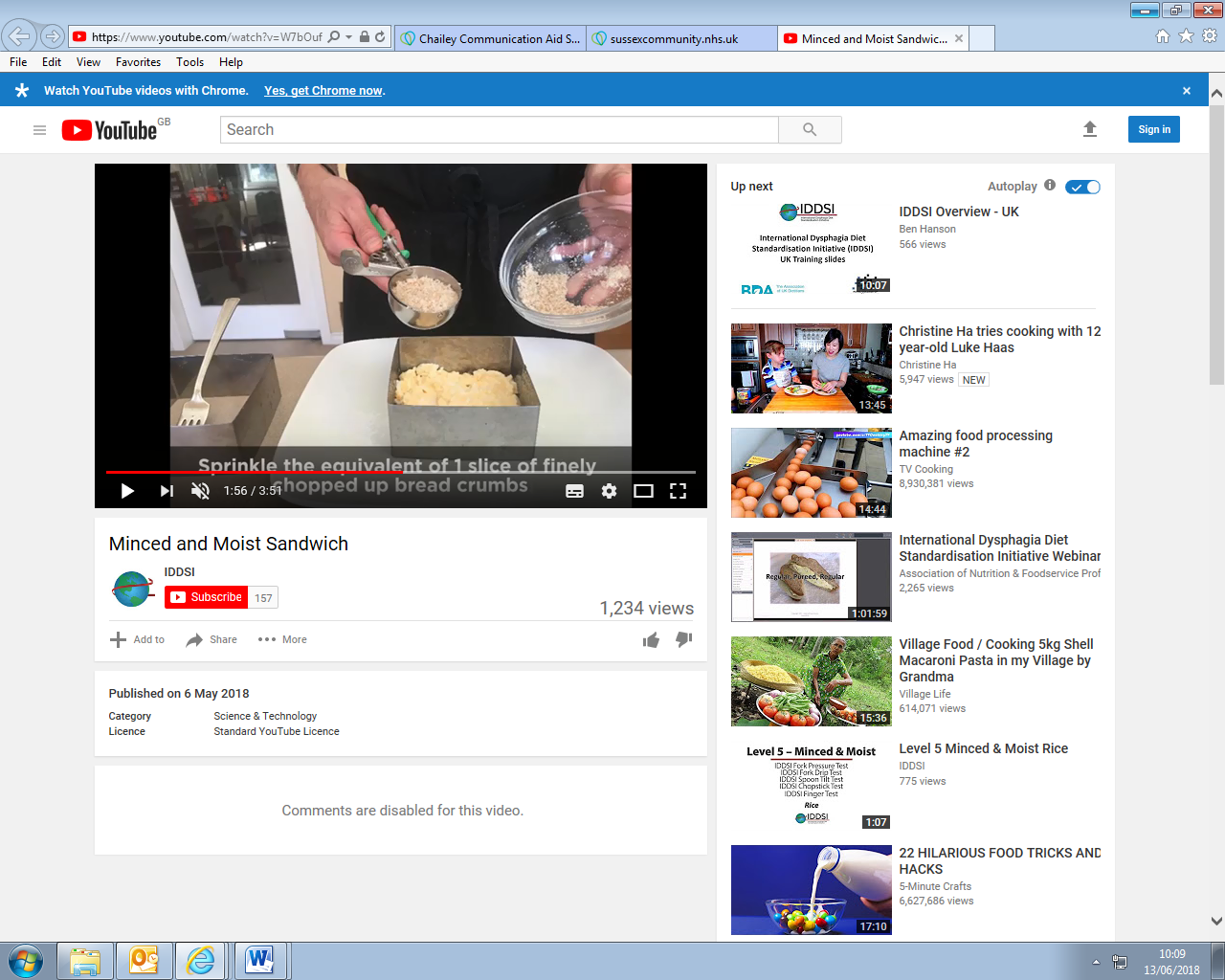
2. Use a food processor to finely chop the bread into tiny pieces that are 4 millimetres in size or less. Please note - shop bought dried bread crumbs are not suitable to use because they are too hard and dry.

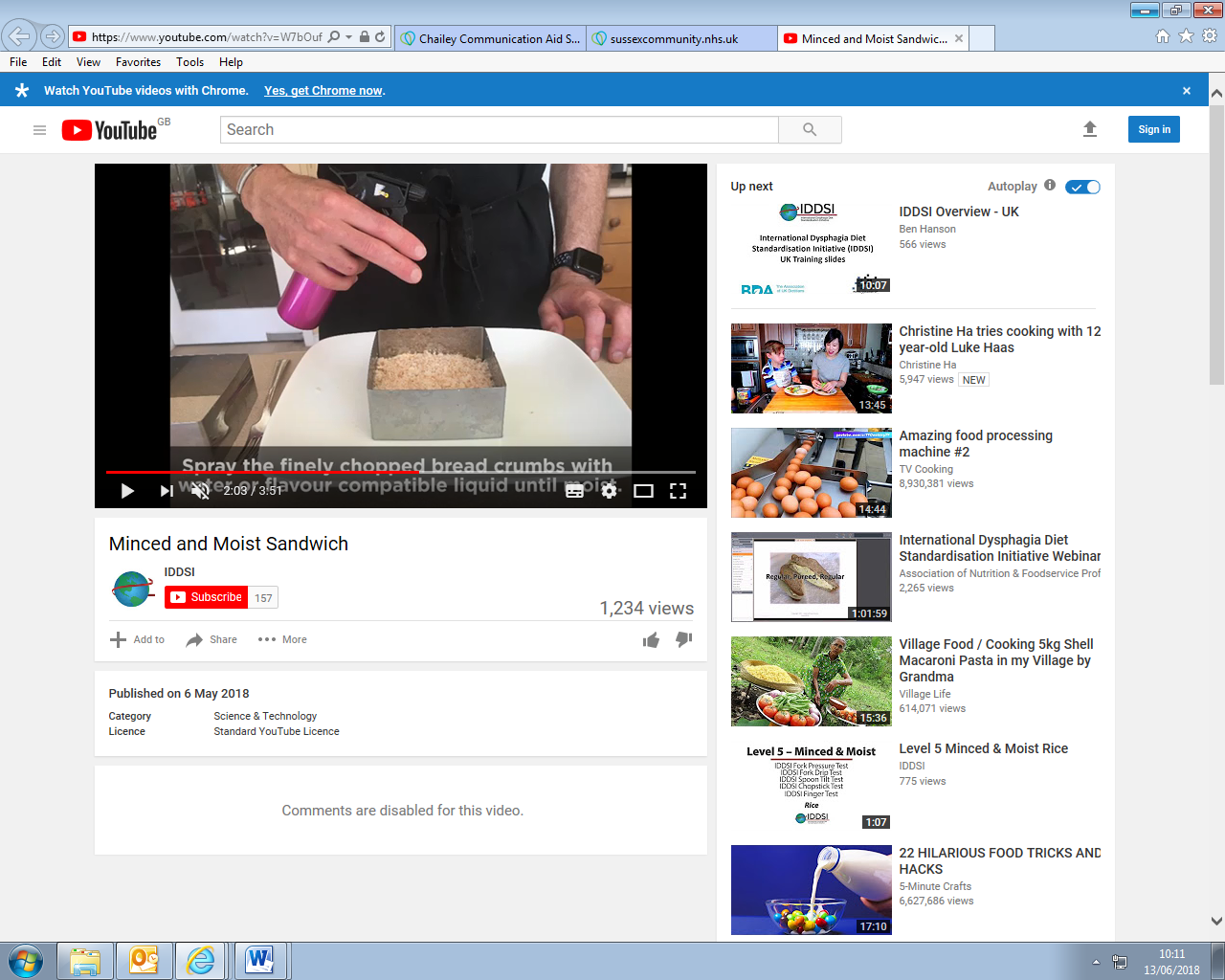
3. For a single sandwich use a square mould to shape the sandwich. Sprinkle the equivalent of one slice of finely chopped bread crumbs into the square mould.

4. Spray the finely chopped bread crumbs with water or flavour compatible liquid like milk or stock until moist.

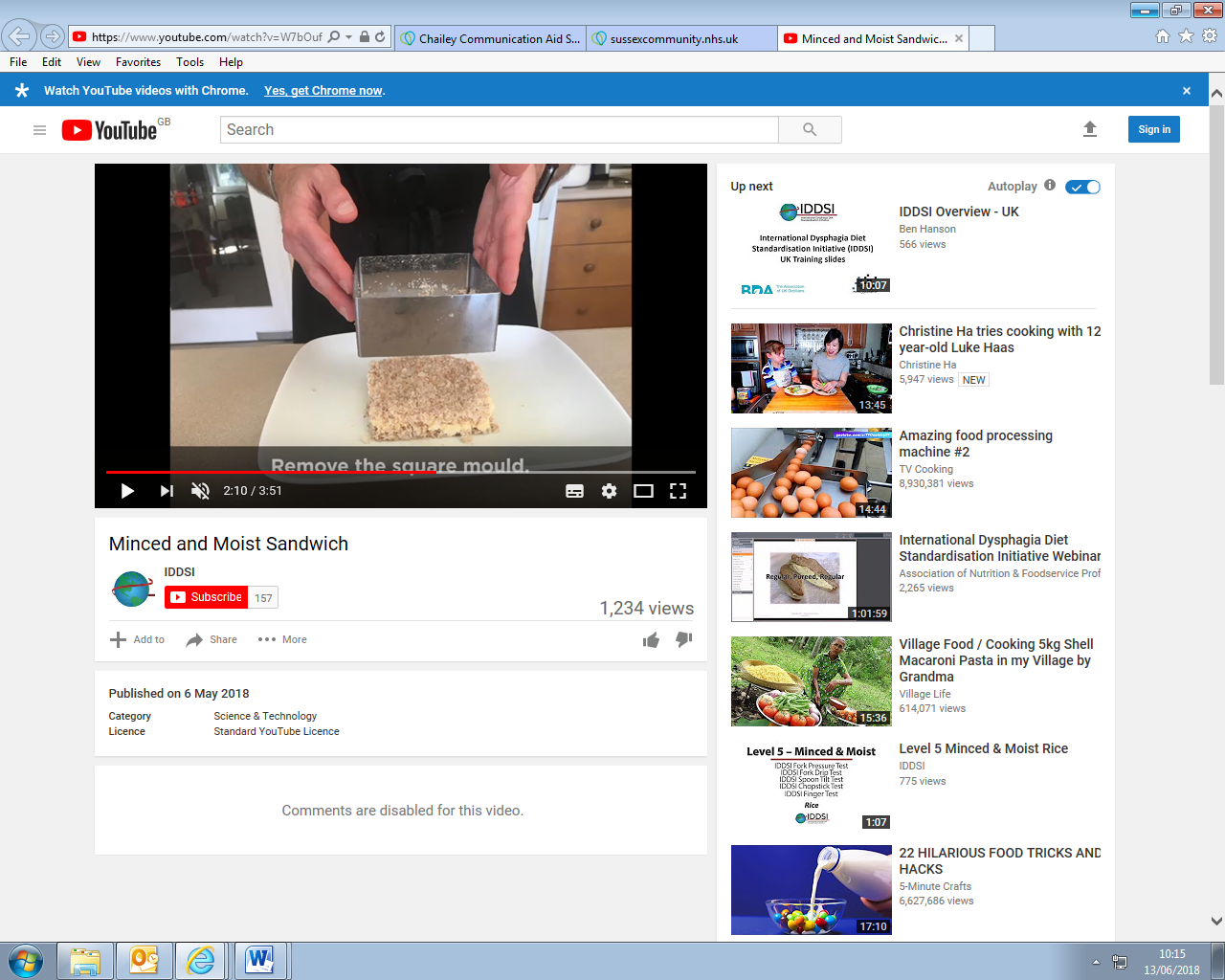
5. Scoop one serving of minced and moist sandwich filling onto the moistened finely chopped bread crumbs. (This example shows egg that has been finely mashed with mayonnaise to make it moist).

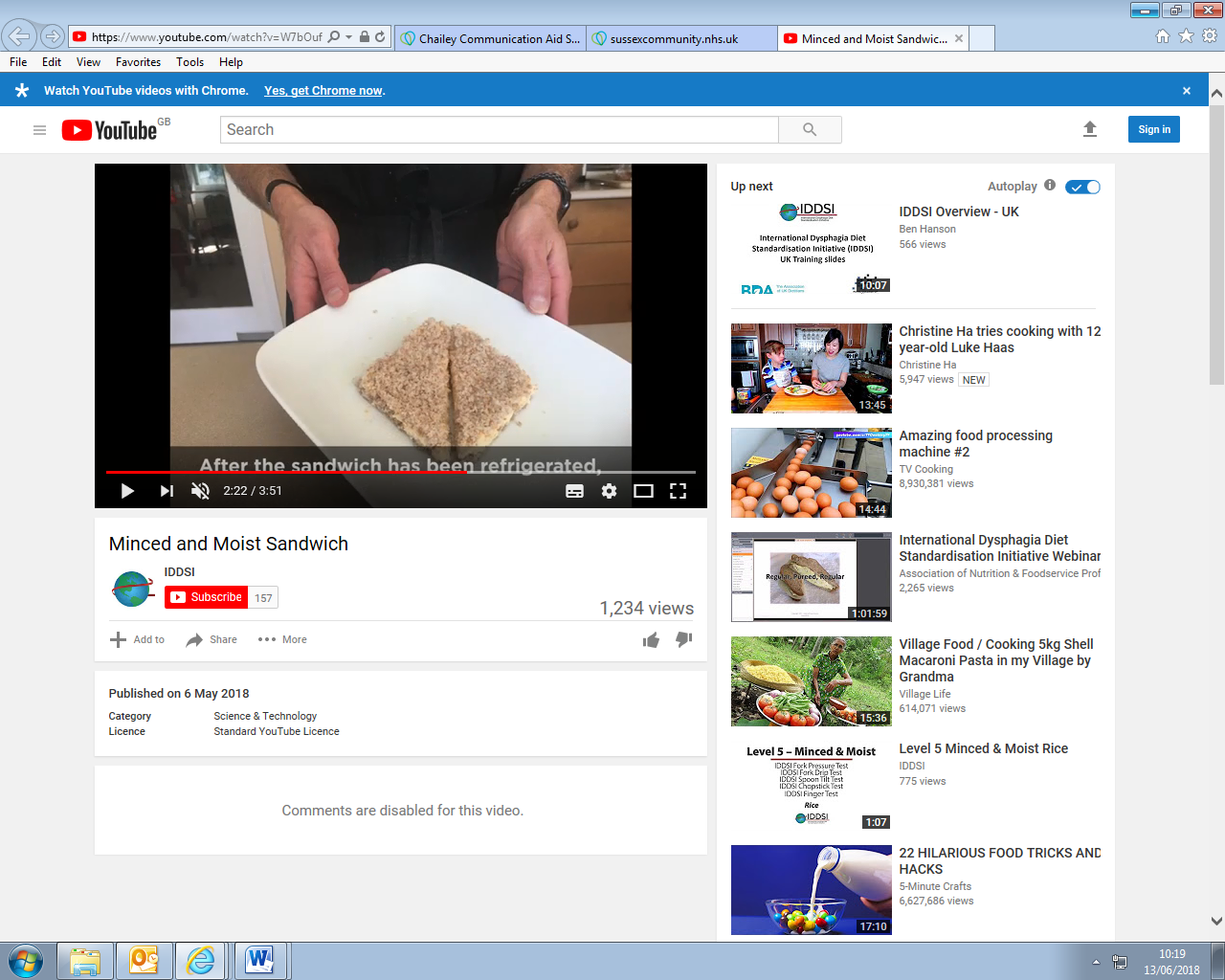
Spread the filling evenly over the moistened finely chopped bread crumbs.

6. Next, sprinkle the equivalent of one slice of finely chopped up bread crumbs on top of the minced and moist sandwich filling.

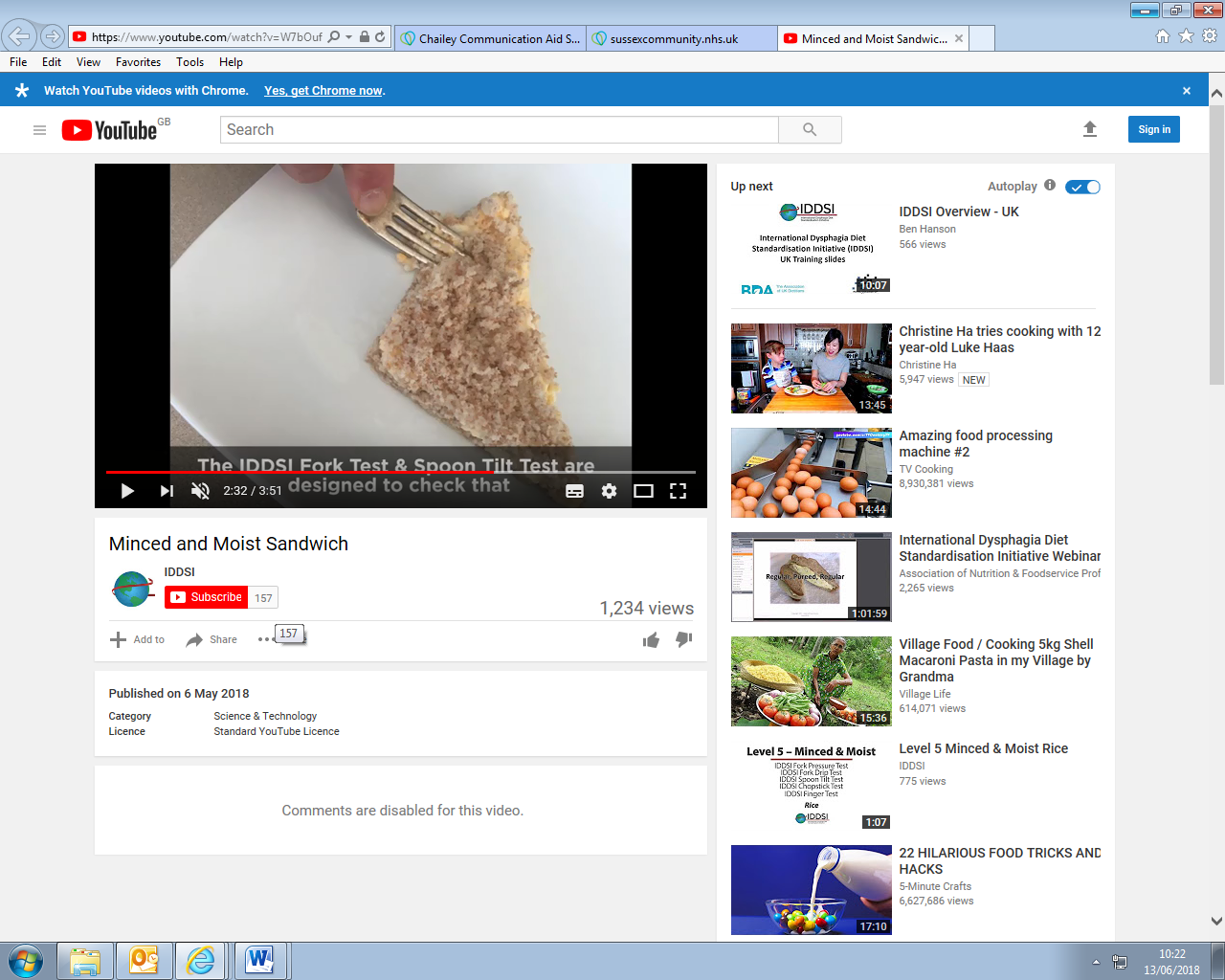


7. Spray this top layer of finely chopped bread crumbs with water or flavour compatible liquid until moist.

8. Remove the square mould. Cover the sandwich with wrap and refrigerate for at least one hour to allow the moisture to permeate through the finely chopped bread crumbs.

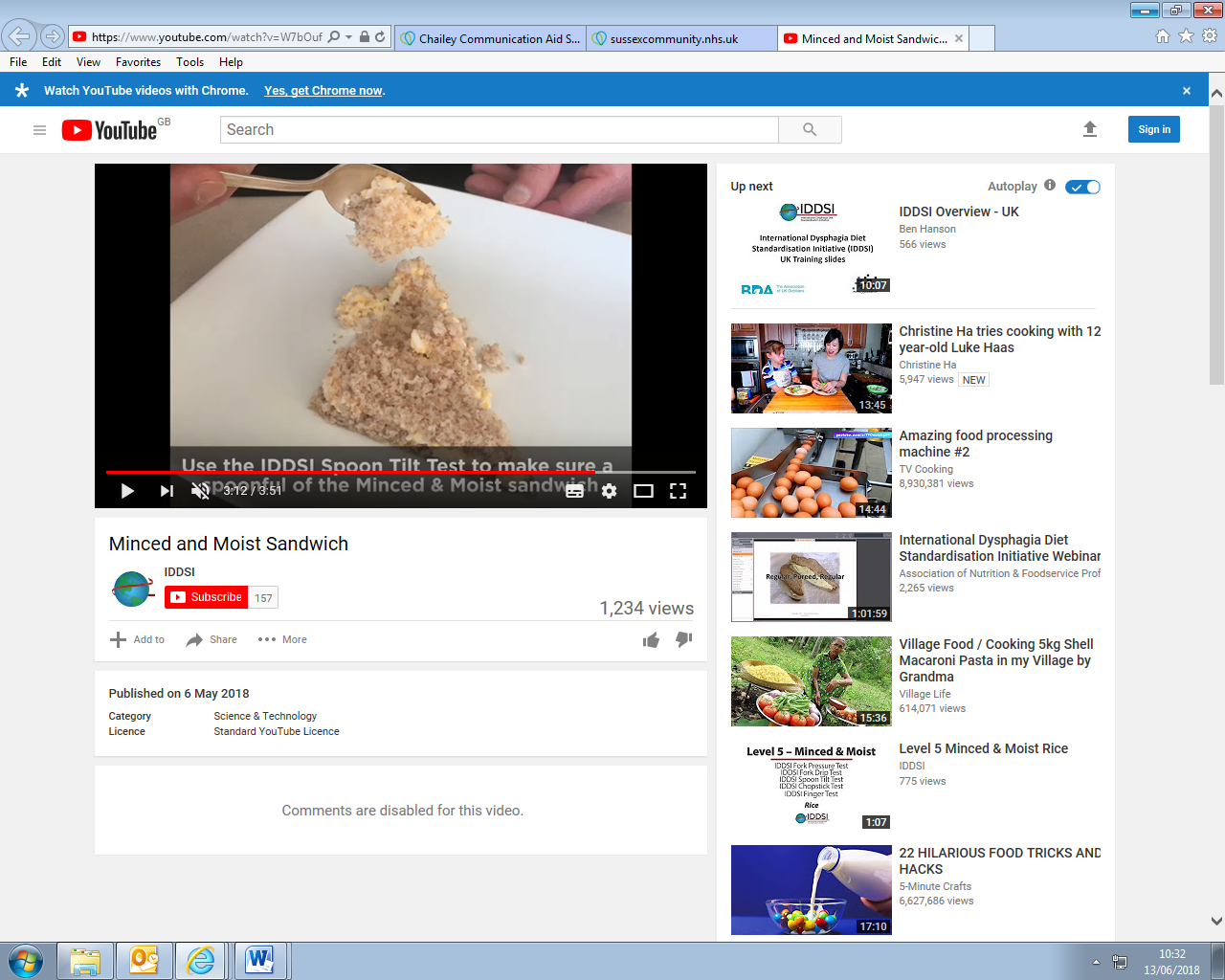
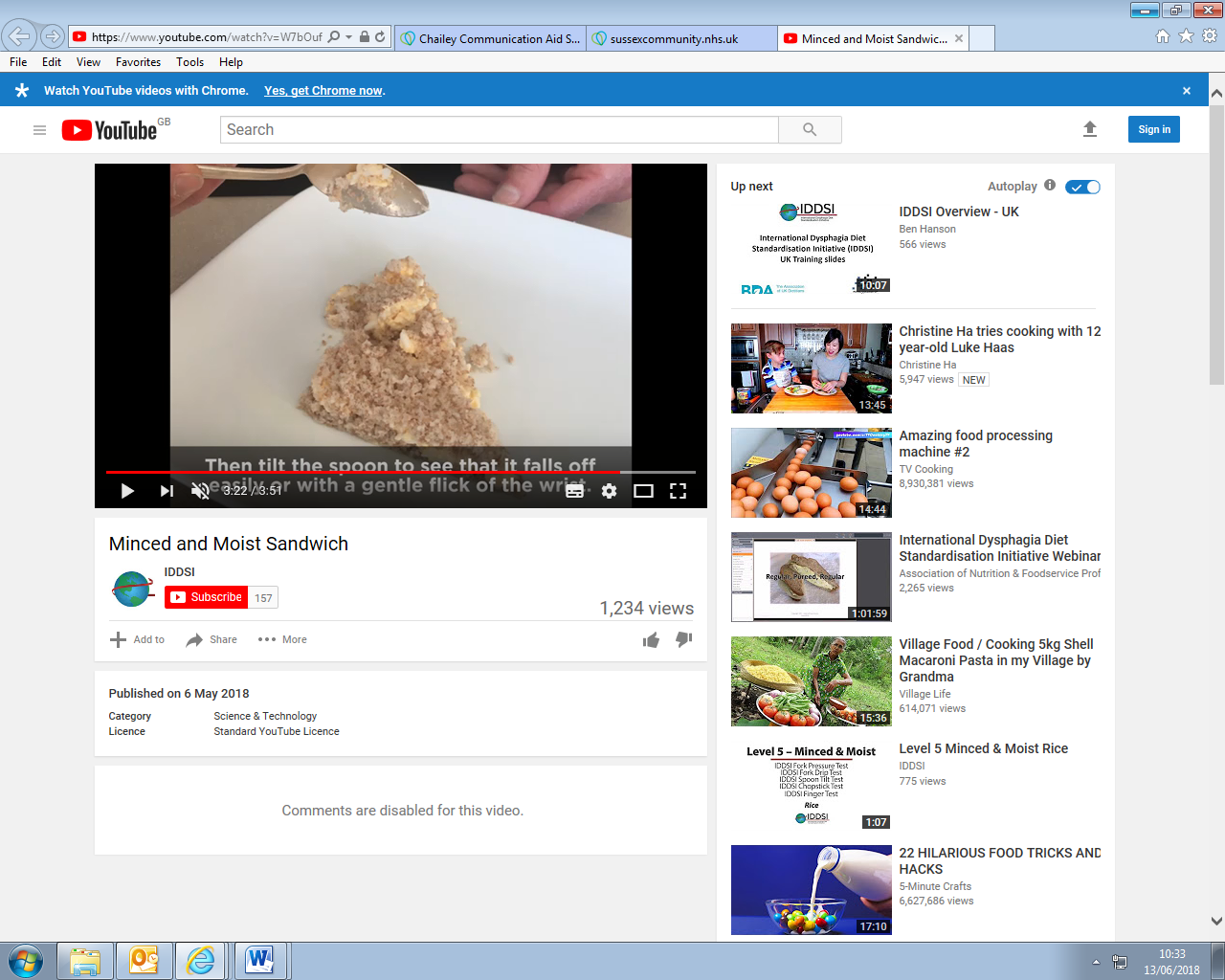


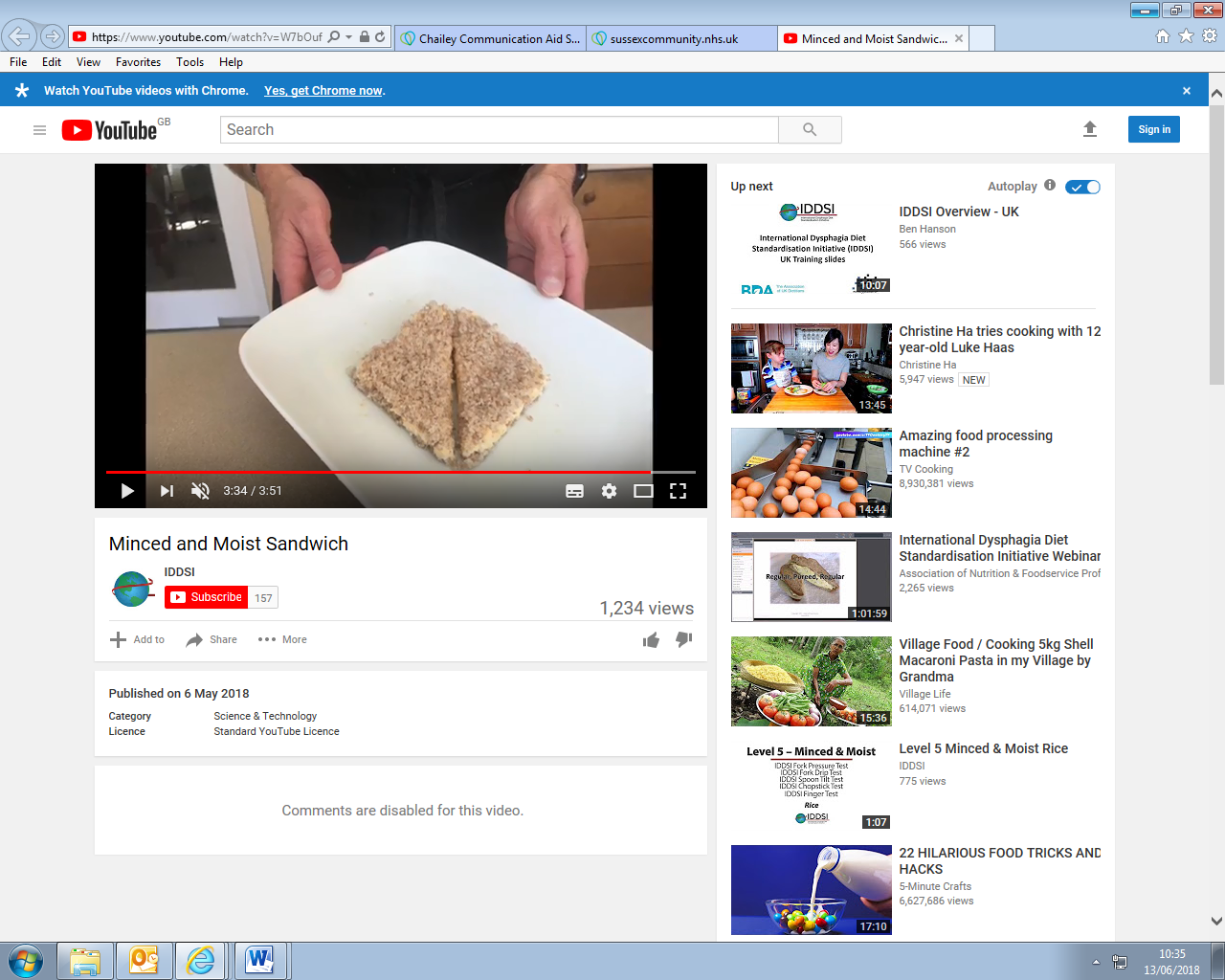
9. After the sandwich has been refrigerated, remove the wrap and divide the sandwich into halves or quarters prior to serving.

10. The IDDSI fork test and spoon tilt test are designed to check that the minced and moist IDDSI level 5 sandwich is moist, holds together and that tongue force alone could be used to break the soft, small particles. These are important characteristics to reduce choking risk.

The gap between the prongs of a standard dinner fork measures 4mm.

Use the IDDSI fork test to make sure that the bread crumbs and sandwich filling pieces are all less than 4mm. Then use the fork to press the sandwich to be sure the filling squashes easily.

11. Use the IDDSI spoon tilt test to make sure a spoonful of the minced and moist sandwich can be scooped up and holds together on the spoon. Then tilt the spoon to see that it falls off easily or with a gentle flick of the wrist. With a successful spoon tilt test there should be very little food left on the spoon.

You won’t be able to pick the sandwich up with your fingers; it will be easiest to eat using a fork or spoon, but it still looks and tastes like a sandwich.