

SAUCE IS BOSS

IDDSI Importance



Keeping foods soft and moist is a priority with IDDSI diets. This can be challenging as foods behave differently and are prone to drying out during holding. Coating food in an appropriate liquid will help. Read below to learn more on appropriate liquids for IDDSI levels and ideas for keeping foods moist.



Minced & Moist (MM5)



Soft & Bite Size (SB6)

- Sauces/gravies must be smooth mildly, moderately or extremely thick and must not separate away from particles. Use the Flow Test to check for correct thickness.
- Coat proteins and grains with a sauce/gravy.
- Coat vegetables with a sauce/gravy as needed.
- Most fruits will be moist and do not need additional liquid.

Broths/Stocks



- Chicken
- Beef
- Fish
- Vegetable
- Use with marinated or heavily seasoned items so flavor is not distorted



Gravies

- Brown
- White (Cream)
- Mushroom
- Red Eye
- Use with roasts that have longer cooking times and tougher cuts of meat



Sauces/Condiments

- BBQ
- Cocktail
- Horseradish
- Hot
- Taco
- Soy
- Tartar
- Pesto
- Tomato
- Mayo
- Ketchup
- Mustard
- Salad dressings
- Teriyaki
- Chocolate

