

# Chopped Diet

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If you have problems chewing or swallowing, this handout will show you chopped foods you can eat.

## What are chopped foods?

Foods that are cooked tender and are chopped/diced to the size of a dime or less that are easy to chew.

**Name:** \_\_\_\_\_

**Dietitian/Dietetic Assistant:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Ext.:** \_\_\_\_\_

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	<b>Foods allowed</b>	<b>Foods not allowed or foods to avoid</b>
<b>Milk &amp; milk products</b>	<ul style="list-style-type: none"> <li>• All milk and milk beverages</li> <li>• Yogurt; plain or flavoured</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with seeds, nuts or whole fruit larger than the size of a dime</li> </ul>
<b>Grain products</b>	<ul style="list-style-type: none"> <li>• Soft breads and soft rolls, plain crackers</li> <li>• Cooked cereals such as oatmeal, cream of wheat</li> <li>• ready to eat cereals such as:               <ul style="list-style-type: none"> <li>• Rice Krispies</li> <li>• Corn Flakes</li> <li>• Special K</li> </ul> </li> <li>• Pancakes and waffles</li> <li>• Pasta, bite sized such as elbow macaroni, cooked very soft</li> <li>• Rice, quinoa, and bulgur <b>(unless told to avoid by your SLP )</b></li> </ul>	<ul style="list-style-type: none"> <li>• Hard rolls</li> <li>• Bread, cakes and cereals with seeds, nuts, coconut or whole fruit</li> <li>• Hard cereals such as granola, and Shredded Wheat</li> <li>• Bagels</li> </ul>
<b>Meat, fish, poultry and alternates</b>	<ul style="list-style-type: none"> <li>• Meats and poultry - all chopped with added gravy or sauces to moisten</li> <li>• Chopped sausages, wieners, tofu</li> <li>• Fish - all tender boneless and in a moist chopped form. Mashed, canned salmon with bones</li> <li>• Cheese – all brick or cottage cheese</li> <li>• Eggs – all cooked</li> <li>• Peanut butter- smooth</li> <li>• Legumes such as chick peas, kidney beans and lentils - cooked</li> </ul>	<ul style="list-style-type: none"> <li>• Very dry or tough meat or poultry</li> <li>• Burgers</li> <li>• Peanut butter - crunchy</li> </ul>

	<b>Foods allowed</b>	<b>Foods not allowed or foods to avoid</b>
<b>Vegetables and fruit</b>	<ul style="list-style-type: none"> <li>• All fruit and vegetable juices</li> <li>• All canned or cooked fruit and vegetables - diced</li> <li>• Finely grated raw fruits and vegetables as tolerated</li> <li>• Ripe soft fruit without skins such as bananas</li> <li>• Cooked potatoes (chopped or mashed) without skin</li> </ul>	<ul style="list-style-type: none"> <li>• Tough fibrous or stringy vegetables such as corn or celery or string beans</li> <li>• Fruits and vegetables with membranes, tough skin or seeds that are difficult to chop such as a baked potato with skin, apples</li> <li>• French fries</li> <li>• Raw vegetables, tossed salads and coleslaw</li> <li>• Citrus fruits, cherries, grapes, pineapple, and dried fruit</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Soups made with chopped meat and other chopped foods</li> <li>• Clear broth or blended soups</li> </ul>	<ul style="list-style-type: none"> <li>• Soups with large chunks of meat and crunchy or stringy vegetables</li> </ul>
<b>Desserts and sweets</b>	<ul style="list-style-type: none"> <li>• All soft desserts and soft baked goods without nuts, seeds or whole fruit</li> <li>• jam, honey, marmalade, sugar, plain sugar, candy, syrups</li> <li>• chocolate bars - plain, soft</li> <li>• cookies – soft such as digestive or social teas</li> </ul>	<ul style="list-style-type: none"> <li>• Desserts or baked goods with nuts, seeds, coconut or whole fruit</li> <li>• Granola bars</li> <li>• Pies with pieces of fruit larger than a dime</li> <li>• Chewy candy such as licorice, taffy and caramel</li> <li>• Cookies – hard and crunchy</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• All</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Fats and oils</b>	<ul style="list-style-type: none"> <li>• Butter, margarine, cream, oil, mayonnaise, gravy, salad dressing, smooth sauces, cream cheese or whipped topping</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Casseroles made of combinations of chopped and soft foods in smooth sauces or gravies</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut, seeds or nuts</li> <li>• Popcorn</li> <li>• Olives</li> </ul>

**Dietitian's or Dietetic Assistant's suggestions:**

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2. \_\_\_\_\_
3. \_\_\_\_\_