



Minced Diet

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

What are minced foods?

Foods that are minced, ground, finely chopped, mashed or grated in a moist form that require little or no chewing. They are easy to swallow and must be easily mashed with a fork.

Name: _____

Dietitian/Dietetic Assistant: _____

Telephone: _____ **Ext.:** _____

	Foods allowed	Foods not allowed or foods to avoid
Milk & milk products	<ul style="list-style-type: none"> • All milk and milk beverages • Yogurt; plain or flavoured 	<ul style="list-style-type: none"> • Yogurt with seeds, nuts or whole fruit
Grain Products	<ul style="list-style-type: none"> • Soft breads and plain crackers • Cooked cereals • Dry cereals that become very soft when soaked in liquid such as: <ul style="list-style-type: none"> • Rice Krispies® • Corn Flakes® • Special K® • Pancakes and waffles • Pasta, minced or bite sized such as elbow macaroni, cooked very soft • Rice • Mashed and scalloped potatoes 	<ul style="list-style-type: none"> • Bread, cakes and cereals with seeds, nuts or whole fruit • Cereals such as granola, Shredded Wheat® or Raisin Bran® • Dry cereals that do not soften in liquid • Bagels
Meat, fish, poultry, And alternates	<ul style="list-style-type: none"> • Meats and poultry; all minced or chopped with added gravy or sauces to moisten • Fish - all tender boneless and in a moist form. Mashed, canned salmon with bones • Cheese - soft or grated, cottage cheese and cheese sauces, cheese spread or as a flavouring in other allowed minced foods • Eggs - soft cooked or scrambled • Peanut butter- smooth • Legumes - minced and moist form 	<ul style="list-style-type: none"> • Very dry or tough meat or poultry • Sausages and weiners • Bacon • Fish - fried or fish with bones, except canned salmon • Cheese - hard • Eggs - fried • Peanut butter - crunchy

	Foods allowed	Foods not allowed or foods to avoid
Vegetables and fruit	<ul style="list-style-type: none"> • All fruit and vegetable juices • All canned or cooked fruit and vegetables in minced or mash form • Finely grated raw fruits and vegetables as tolerated • Ripe fruit without skins such as bananas 	<ul style="list-style-type: none"> • Fruits and vegetables with membranes, tough skin or seeds, or that do not mince well such as celery, potato skins, fried potatoes, french fries and string beans • Raw vegetables, tossed salads and coleslaw • Citrus fruits, blueberries, cherries, grapes, pineapple, apples and dried fruit
Soups	<ul style="list-style-type: none"> • Soups made with minced or grated foods • Clear broth or blended soups 	<ul style="list-style-type: none"> • Soups with chunks of meat and crunchy or stringy vegetables
Desserts and sweets	<ul style="list-style-type: none"> • All soft desserts and soft baked goods without nuts, seeds or whole fruit • jam, honey, marmalade, sugar, plain sugar, candy, syrups 	<ul style="list-style-type: none"> • Desserts or baked goods with nuts, seeds, coconut or whole fruit • Granola bars • Pies • Chewy candy such as licorice, taffy and caramel • Hard crunchy cookies
Beverages	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • None
Fats and oils	<ul style="list-style-type: none"> • Butter, margarine, cream, oil, mayonnaise, salad dressing, cream cheese or whipped topping • Smooth or strained sauces and gravies 	<ul style="list-style-type: none"> • Olives
Other	<ul style="list-style-type: none"> • Casseroles made of combinations of minced and soft foods in smooth sauces or gravies 	<ul style="list-style-type: none"> • Coconut, seeds or nuts • Popcorn

Dietitian's or Dietetic Assistant's suggestions:

- 1. _____
- 2. _____
- 3. _____