



Patient Education

## Minced foods and thickened fluids

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This handout will help answer some of your questions on what to eat and drink to improve your comfort and safety when swallowing.

Patient Name: \_\_\_\_\_

Hospital Telephone Number: 905-527-4322

Dietitian: \_\_\_\_\_ Extension: \_\_\_\_\_

Dietetic Assistant: \_\_\_\_\_ Extension: \_\_\_\_\_

Speech Language Pathologist: \_\_\_\_\_ Extension: \_\_\_\_\_

Community Contacts: \_\_\_\_\_

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## What is Dysphagia?

Some people have trouble swallowing when drinking and/or eating. Having trouble swallowing is called dysphagia. Signs to look for are coughing, choking, gurgly voice or having food stick in your throat when you eat or drink.

When you have dysphagia, you will need to make changes to some of your foods and drinks to make swallowing easier and safer for you.

In this handout, you will learn about:

- the best food texture for you
- foods and fluids that are easier to swallow
- foods and fluids that can cause choking
- thickened fluids and other types of fluids you can have

## Which food texture is best for me?

In addition to thickened fluids, it is recommended that your foods be:

1.  Minced:
  - with bread products
  - no bread products
2. Other \_\_\_\_\_

**Bread products are bread, toast, muffins, cakes and pies.**

See the chart in this handout for your list of  
foods allowed and foods to avoid

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**These foods may make you choke. Stay away from:**

Sticky foods

- peanut butter
- toffee, caramel, jube-jube, hard candy, chewing gum
- pizza
- bagels

Dry Foods

- popcorn, chips, pretzels
- taco and tortilla shells
- cookies, crackers
- dry scrambled eggs
- dry cereals

Other

- gelatin, such as Jello®
- raw vegetables
- coconut, nuts, seeds
- dried fruit

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foods allowed and foods to avoid

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## Why are fluids important to me?

Your body needs fluids to function properly and prevent dehydration.



You will need to have thickened fluids to make your swallowing easier. Sometimes, people on a thickened fluid diet do not take enough fluids because the thickened fluids are filling and not always enjoyed as much as thin fluids. Some people lose the feeling of thirst even when their body needs fluid.

**You need to have 6 to 8 cups of thickened fluids every day to prevent dehydration (1 cup = 8 oz).**

## How can I make fluids easier and safer to swallow?

Thicken your fluids to make the texture like:

- nectar – thick
- honey – thicker
- pudding – thickest

There are 2 types of thickened fluid products:

1. Fluids that come already thickened. Examples include:
  - Resource Dairy Thick®
  - Resource Thickened Juice® (such as apple and orange)
2. Powders that you use to thicken fluids\*. Examples include:
  - Resource ThickenUp®
  - Kingsmill Quick Thick®
  - Oetker UltraThick®

\*follow the instructions on the package

Ask your health care provider where to purchase these products.

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## Can I drink water, coffee and tea between meals?

**No**

Do not drink water, coffee or tea.  
Keep your mouth moist by using:

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**Yes**

Take water, coffee or tea from a **teaspoon**.  
Swallow after each spoonful.



**Yes**

Take water, coffee or tea from a **cup**.  
Swallow after each sip.



## **Can I drink water during a meal?**

**No**

Do not drink water during a meal.

**Yes**

Follow these steps to decrease the chance of food and/or fluids going into your lungs:

1. Clear your mouth of all food and fluids.
2. Swallow twice without food or fluids in your mouth. This is a dry swallow.
3. Take water from teaspoon and swallow. Repeat step 3.
4. Once these steps are done you can take water, coffee or tea from either a teaspoon or a cup as indicated on page 5.

## **Can I drink from a straw?**

**No.**

It is more difficult to control the fluid in your mouth and throat when you use a straw.

## **What are some tips to help me swallow easier?**

Eat in a calm and quiet place. Avoid busy restaurants and turn off the TV.

Moisten foods by mixing with:

- smooth gravy or sauce
  - broth
  - butter or margarine
  - mayonnaise
  - sour cream
  - yogurt
-

## Recipe

### KATY DRINK

½ package or 3 oz	Jello® powder, any flavour
1 cup	boiling water
1 cup	pureed fruit
½ cup	low fat, plain yogurt

Dissolve Jello® powder in boiling water.

Add pureed fruit and yogurt.

Using a wire whisk, blend until smooth.

Chill.

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**Notes:**

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# Minced food and thickened fluids

- minced, ground, finely chopped, mashed or finely grated
- easy to chew
- able to be mashed easily with a fork

Type of Food	Foods Allowed	Foods to Avoid
<b>Milk Products</b>	<ul style="list-style-type: none"> <li>• Plain or smooth yogurt, pudding, tapioca pudding, rice pudding and custard</li> <li>• Creamed cottage cheese</li> <li>• Cheese that is soft or grated, cheese spread</li> <li>• Thick milk &amp; thick chocolate milk</li> </ul>	<ul style="list-style-type: none"> <li>• Ice cream and sherbet-</li> <li>• Yogurt/pudding with seeds, nuts or whole fruit</li> <li>• Cottage cheese and other hard cheese</li> <li>• Milk, unless thickened</li> <li>• Milkshake</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>• Cooked cereals</li> <li>• Breads</li> <li>• Pasta, minced or bite sized such as elbow macaroni - cooked until very soft</li> <li>• Pancakes, waffles and French toast</li> <li>• Soft/moist cakes, muffins, dumplings and stuffing</li> <li>• Plain congee</li> </ul>	<ul style="list-style-type: none"> <li>• Cereals with seeds, nuts or whole fruit</li> <li>• Dry cereals</li> <li>• Hard or soft rolls</li> <li>• Bagels and pizza</li> <li>• Crackers, cookies and pastry</li> <li>• Taco and tortilla shells</li> <li>• Breads and baked goods with nuts, seeds, coconut or fruit with membranes or tough skin</li> <li>• Rice</li> </ul>
<b>Meats and Alternates</b>	<ul style="list-style-type: none"> <li>• Ground meat</li> <li>• Moist minced meat</li> <li>• Fish -all boneless, tender and in a moist form</li> <li>• Canned salmon or tuna with bones mashed</li> <li>• Eggs - soft cooked, poached or moist scrambled or egg salad</li> <li>• Tofu</li> <li>• Legumes in a moist and finely chopped form</li> </ul>	<ul style="list-style-type: none"> <li>• Dry, tough meat or poultry</li> <li>• Chopped or sliced meat</li> <li>• Sausage, weiners</li> <li>• Bacon</li> <li>• Fish with bones</li>   <li>• Dry scrambled eggs, fried eggs</li>   <li>• Nuts and seeds</li> <li>• Peanut butter</li> </ul>
<b>Casseroles</b>	<ul style="list-style-type: none"> <li>• Casseroles made of combinations of minced and soft foods in smooth sauces or gravies</li> </ul>	<ul style="list-style-type: none"> <li>• Casseroles containing "foods to avoid"</li> <li>• Casseroles with seeds or nuts</li> </ul>

Type of Food	Foods Allowed	Foods to Avoid
<b>Vegetables and Fruit</b>	<ul style="list-style-type: none"> <li>• Thickened juice</li> <li>• Canned or cooked vegetables and fruit, in a minced, mashed, or soft form without hulls or tough skins</li> <li>• Finely grated raw fruits or vegetables as tolerated</li> <li>• Mashed, scalloped, boiled or baked potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable or fruit juices unless thickened</li> <li>• Fruits and vegetables with membrane, tough skin or seeds</li> <li>• Fruits and vegetables that do not mince well such as celery, string beans, spinach</li> <li>• French fries</li> <li>• Coconut</li> <li>• Dried fruit</li> <li>• Juicy fruits such as oranges, watermelon and grapes</li> <li>• Soups, unless blenderized and thickened</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>• Butter, margarine, oil and salad dressings</li> <li>• Smooth or blenderized gravies and sauces</li> </ul>	<ul style="list-style-type: none"> <li>• All others</li> </ul>
<b>Other Foods</b>	<ul style="list-style-type: none"> <li>• All soft desserts and baked goods</li> <li>• Jam, jelly, honey, sugar, marmalade or syrups</li> </ul>	<ul style="list-style-type: none"> <li>• Desserts with seeds or nuts</li> <li>• Jello® or gelatin</li> <li>• Jellied fruit candies, hard candies, toffee, caramels, jube-jubes, chewing gum</li> <li>• Popcorn, chips, pretzels</li> <li>• Popsicle®</li> <li>• Pop</li> <li>• All others not in the "foods allowed" list</li> </ul>