



Minced Diet Texture

Minced foods are soft, mashed, ground or finely chopped foods that are easy to chew. They are moist and usually require little or no chewing and can be easily mashed with a fork.

Food Group	Foods Recommended	Foods To Avoid
Grain Products	Cooked cereals, cold cereals, bread, plain crackers, pancakes, muffins/cupcakes, noodles, soft pasta or rice, soft polenta	Breads, cereals or muffins containing nuts/seeds, granola
Vegetables and Fruit	Well cooked vegetables (squash, turnip, beets, carrots, peas, green or wax beans, broccoli, cauliflower, asparagus tips), potato (mashed, scalloped, baked or au gratin); tomato sauce, chopped/minced/mashed/draind canned fruits (without seeds/skins), ripe mashed bananas, applesauce All fruit and vegetable juices	Raw/stringy vegetables (cabbage, celery, brussel sprouts, peapods, spinach, lettuce, asparagus stems), corn Dried fruits, rhubarb Fresh fruit with skins, seeds or membranes
Meat and Alternatives	Minced meats and poultry, baked fish, minced sandwich fillings such as: egg, tuna or salmon salad; minced beef, ham or poultry salad. Soft casseroles such as: shepherds pie, meat loaf, macaroni and cheese. Shredded cheese or small cubes, cottage cheese. Eggs (poached, scrambled), plain or cheese omelets, soft tofu, hummus, smooth peanut butter, well-cooked legumes	All tough meats. Be careful with fish bones, crunchy peanut butter *Cook on low heat and slow to avoid tough meat
Milk and Alternates	Smooth fruit yogurt, pudding, custard, cottage cheese, grated cheese, cream soups	Yogurt with skins, seeds, nuts or whole fruits
Other Foods Salads Soups Desserts	Macaroni salad, potato and pasta salads without raw vegetables Stock or cream soups Puddings, mousses, chiffons, smooth custard, ice cream, sherbet	Soups with large chunks of meat Desserts with nuts, seeds or hard dried fruit; coconut, chewy candy such as licorice, taffy or caramels, hard granola bars
Sugar/Fat/ Snacks	Jelly, honey, whipped cream, sour cream, cream sauces, gravy, butter, margarine, mayonnaise, cream cheese	Dried fruit, nuts, seeds, coconut, pickles, olives, popcorn

Dietitian: _____ Contact Number: _____



Breakfast

- Cheese omelet with sautéed onions and minced peppers, served with a soft minced sausage patty and hash browns
- Scrambled eggs served with oatmeal topped with minced fruits or a mashed banana
- Soaked scone in warm milk and a fruit smoothie made with yogurt
- Poached egg with melted grated cheese served with minced cooked pears or canned peaches over yogurt
- Cottage cheese with soaked pancakes and minced fruit

Snacks:

- Drained minced canned fruit
- Pudding, cottage cheese or yogurt with or without fruit
- Milkshake or smoothie
- Bread pudding or soaked muffin, cake or cinnamon bun

Lunch

- Broccoli and cheddar cream soup soaked crackers served with drained fruit cocktail
- Minced meat and vegetable chili topped with shredded cheese or sour cream
- Soft meatloaf served with mashed potatoes, minced vegetables and topped with gravy
- Macaroni and cheese served with overcooked minced broccoli
- Fried polenta with tomato sauce and a soft banana

Dinner

- Shepherd's pie with cooked minced mixed vegetables and gravy or barbeque sauce
- Overcooked pastas served with a tomato sauce and soft meatballs
- Modified chicken pot pie without the crust served with scalloped potatoes and topped with chicken gravy
- Minced beef stroganoff served with small overcooked egg noodles
- Ground beef cooked with taco seasoning and cooked peppers and onions served with sour cream
- Soft tofu with your choice of smooth sauce and cooked vegetables

Dessert

- Fruit pies well-cooked fillings
- Vanilla pudding with crushed Oreo cookies mixed in (prepared the night before to allow the Oreos to become soft and moist)
- Ice cream topped with minced fruit whipped cream, chocolate or caramel sauce (Ice cream should not contain nuts or large chunks of chocolate)
- Frozen yogurt with minced fruit
- Smooth cheesecake with canned fruit (cherries, blueberries, chocolate sauces)
- Minced meat and vegetables in a stew or casserole with over cooked noodles