

Minced Diet

Who needs a MINCED diet?

People who have trouble swallowing and/or chewing food may find this diet helpful. If you have problems with your teeth, dentures, or have a sore dry mouth you may want to try a minced diet. This diet may make meal times easier for you while helping you meet your nutrition needs.

Good Foods to Eat on a Minced Diet

Minced Foods are tasty, nutritious everyday foods that are cut very finely or put through a food processor. All foods on a minced diet should have extra moisture added.

- Minced beef, pork, chicken, turkey or tofu. Add extra moisture such as gravies, broths and/or sauces to these foods. Soft, moist fish that is easily flaked.
- Casseroles made with minced meat or minced vegetables
- Minced, whipped or mashed cooked vegetables and potatoes.
- Soft sandwiches made with moist minced fillings or soft cheeses.
- Scrambled. Poached and (mashed) soft-boiled eggs.
- Soft cheese and moist cottage cheese.
- Minced or pureed fruits.
- Soft bread, toast, rolls, pancakes, waffles, French toast and muffins. Add spreads (margarine, cream cheese, jam, marmalade) or sauces to make these foods moist.
- Cooked and cold cereals moistened with milk.
- Soft moist rice may be taken best with a sauce.
- Soft, well boiled pasta. Large pieces may need to be finely chopped.
- Cream or stock soups made with minced meat and cooked, mashed vegetables without the skin.
- Desserts such as soft moist cakes, cream pies and graham wafer crusts or soft cookies. Dunk these foods in liquid or serve with ice cream, pudding or custard. "Jell-O" is OK.



To be used in conjunction with advice from a Registered Dietitian.

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Avoid These Foods to Lower Your Risk of Choking

- Casseroles with whole pieces or vegetables.
- Crispy fried foods, such as fried fish or French fries.
- Raw vegetables and whole cooked vegetables.
- Whole fresh, canned or frozen fruits.
- Dried fruit, large seeds and whole nuts.
- Chewy hard cookies, candies, bars or squares.
- Hard, crunchy cereals, without milk, such as granola.
- Crusty rolls, bagels and dry, hard crackers.
- Ask your Registered Dietitian if peanut butter is OK for you.

Additional Tips:



Date:

Registered Dietitian:

Contact Number: