

## Dysphagia Diet Level 5: Thickened Minced and Moist Foods

### Diet description

This diet consists of foods that are minced or ground, soft, moist, and easy to chew. These foods can be eaten with a spoon or fork. Small pieces and lumps are included in this diet. Solid pieces are no bigger than 2mm for children and 4mm for adults. Biting is not needed for these foods, but some chewing is necessary. Food pieces can easily be broken down with the tongue.

### Who needs this diet?

This type of diet is recommended by a provider, dietitian or speech-language pathologist based upon your specific needs. This type of food is for people who may experience the following:

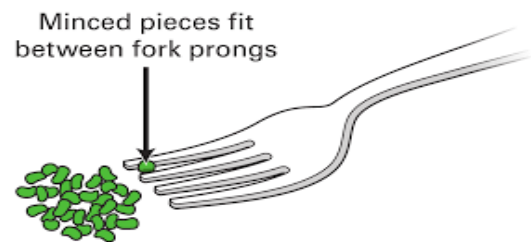
- Moderate dysphagia (difficulty swallowing)
- Weakness in the muscles of the mouth and/or throat
- Pain or tiredness with chewing
- Missing teeth or poorly fitting dentures
- High risk for choking
- Require close or complete supervision while eating

### How to prepare minced & moist food

Foods in this diet are prepared or cooked so they easily separate and fit between the tines of a fork. All food must be easy to mash with a utensil. Food should be moist, but not sticky.

- Cut all foods into very small pieces
- Use the space between fork prongs (4mm) to measure minced pieces
- Add small amounts of gravy, sauce, vegetable juice, milk or cooking water to moisten foods

- Cut meat and stringy vegetables against the grain
- Use a food processor or hand blender to finely dice foods
- Thicken liquids to the recommended consistency



### Treatment

Often the most effective and immediate treatment for difficulty swallowing is to change the consistency of food or liquid to make swallowing safer. In most cases, softer foods are easier to swallow. Diet changes may be short-term. The speech-language pathologist will monitor your swallowing and advance your diet when appropriate.

### Complications

People with dysphagia (difficulty swallowing) are at risk for choking, aspiration pneumonia and other respiratory problems. These serious conditions can result in sudden medical emergencies or chronic illnesses that affect health and quality of life.

In order to eat and drink safely and get the nutrition you need, it is important to follow your new diet. Your health care team has given you this information as part of your care. Ask your provider, dietitian or speech-language pathologist if you have questions.

Level 5: Mince and Moist Foods

Food Groups	Safe Foods	Foods to Avoid	Liquids to Thicken
Milk / Dairy	Smooth or fruited yogurt Cottage cheese Cubed cheese Plain cream cheese Sour cream	Cream cheese with nuts or pineapple Firm cheese	Milk Ice cream and sherbet Popsicles Shakes/ malts Supplements Whipped topping
Meat and Protein	Ground or minced cooked meat and poultry Ground or minced soft cold cuts Baked, poached or broiled fish Scrambled eggs Tuna or egg salad without raw vegetables Minced or ground casseroles Hummus Bean dip	Thick cold cuts Fish with skin, bones, crispy breading Whole Sausage / hot dogs / brats Whole Hamburgers Dried meats, jerky Pizza Sandwiches Nut butters Casseroles with large chunks	
Vegetables	All fresh, frozen or canned vegetables that are cooked, steamed or boiled into small pieces (4mm) Beans, lentils, potatoes without skins, squash that are mashed or minced	Raw vegetables, lettuce Non-tender or rubbery cooked vegetables Whole kernel corn Potato skins, fried potatoes, hash browns Broccoli, cabbage, brussel sprouts, asparagus, other fibrous, non-tender or rubbery vegetables	
Fruit	Minced canned and cooked fruits (drain juice) Minced or mashed banana Minced or mashed papaya Jellied cranberry sauce Apple / pear sauce Soft, ripe, minced peeled fresh peaches, pears, nectarines, kiwi Soft, ripe, minced cantaloupe, honeydew Strawberries, mashed or minced	Fresh apples, pineapples, grapes, cherries or apricots with skins Whole berries; fruits with seeds Fruit leather, roll-ups, fruit snacks Stringy fruit, like rhubarb, pineapple, mangoes Canned fruits with skins and seeds Watermelon	Fruit juice

Food Groups	Safe Foods	Foods to Avoid	Liquids to Thicken
Bread, Cereal and Grains	<p>Hot cereal with lumps 4mm or less (example: oatmeal, cream of wheat, cream of rice, Malt-O-Meal)</p> <p>Cold cereal softened with milk (Cereal should have just enough milk to moisten. Liquid should not separate from cereal. Drain extra milk after soaking.)</p> <p>Moist rice in sauce</p> <p>Small pieces of minced pasta with smooth sauce</p> <p>Slurried bread, pancakes, and other bread products</p>	<p>Granola, granola bars, energy bars, rice cakes</p> <p>Cereals with nuts, chunks, or large flakes</p> <p>Coarse cereal like shredded wheat</p> <p>Bread, hard rolls, dry toast, Bagels, baguettes, muffins</p> <p>Dry crumbly rice</p> <p>Crackers, biscuits</p> <p>Waffles, pancakes</p> <p>Large pasta noodles or noodles without sauce</p>	
Soup	<p>Cream or broth soup with chunks of meat, vegetables or pasta that are 4mm or smaller and are of the same consistency (blenderized)</p> <p>Blenderized corn or potato chowder</p>	<p>Soup with lumps or chunks larger than 4mm</p> <p>Soup with seeds</p> <p>Soup with different consistencies</p>	Broth and other thin soups
Sweets / Desserts	<p>Pudding, custard</p> <p>Magic cup</p> <p>Rice pudding without dried fruit or nuts</p> <p>Pumpkin pie filling, cream pie filling (no chunks of fruit or crust)</p> <p>Slurried cookies</p>	<p>Desserts with nuts, seeds or dried fruit coconut or pineapple</p> <p>Sticky caramel, chewy candy</p> <p>Hard cookies</p> <p>Hard candy</p> <p>Anything with a crust</p> <p>Sweet breads and bread products</p>	<p>Malts</p> <p>Milkshakes</p> <p>Eggnog</p> <p>Popsicles</p> <p>Gelatin, Jello</p> <p>Frozen desserts</p> <p>Ice cream</p>
Other / Fats	<p>Butter or margarine</p> <p>Strained gravy and smooth sauce</p> <p>Salt (if allowed), pepper, herbs, spices</p> <p>Ketchup, BBQ sauce, mustard</p> <p>Honey, smooth jellies and syrup</p> <p>Sugar, artificial sweetener</p> <p>Mayonnaise</p>	<p>Olives</p> <p>Sticky foods</p> <p>Popcorn</p> <p>Seeds, nuts</p> <p>Nut butters</p>	<p>Vinegar</p> <p>Salad dressing</p>