Minced and Moist Diet
Dysphagia Level 2 or Mechanically Altered

This diet is used with people who have problems chewing and swallowing. Your Speech-Language Pathologist (SLP) and doctor have placed you on a Minced and Moist Diet.

This diet is used for people with swallowing problems because it:
• Makes it easier to chew and move food in your mouth.
• Reduces the risk of food going into your windpipe or trachea, which leads to the lungs.

Foods you can eat on this diet

The table below has examples of foods that are the right texture for a Minced and Moist diet. These foods are **all of a moist and soft texture and should be in small pieces that fit between the tines on a fork.** Eating foods not allowed on this diet will increase your chance of swallowing problems and of food going into your windpipe and lungs.

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<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Foods Not Allowed</th>
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<tr>
<td><strong>Beverages / Milk</strong></td>
<td>Liquids the thickness recommended by your SLP or doctor, such as thin, mildly thick (nectar like), moderately thick (honey like) or extremely thick (spoon or pudding thick)</td>
<td>As advised by your SLP or doctor</td>
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| **Meats and Meat Substitutes** | • Moist ground or finely diced meats  
• Meatloaf  
• Hamburger or cheeseburger, no bun  
• Deli sliced lunch meat  
• Chicken, egg or tuna salad without large chunks of celery or onion  
• Sloppy joe, no bun  
• Shredded cheese, cottage cheese  
• Poached, scrambled or soft-cooked eggs that are not runny  
• Slightly mashed, moist legumes, such as baked beans | • Dry or tough meats  
• Hot dogs  
• Bacon  
• Sausage  
• Beef tips  
• Peanut butter  
• Cubed cheese, cheese slices  
• Fried or hard-cooked eggs  
• Nuts  
• Seeds |
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| Starches, Breads, and Cereal  | • All hot cereals cooked with little texture  
                               | • Cold cereal, such as corn flakes or crisp rice cereal, with ¼ cup of milk or **just enough liquid to moisten if thin liquids are restricted**  
                               | • Pancakes or French toast, **well moistened** with syrup  
                               | • Moist macaroni and cheese  
                               | • Pasta and canned pasta, such as Spaghettios  
                               | • Casseroles without rice or large chunks | • Bread or bread products  
                               | • Sandwiches on a bun  
                               | • Bagels, dinner rolls  
                               | • Pizza  
                               | • Rice  
                               | • Granola  
                               | • Cold cereal with granola, nuts or raisins  
                               | • Crispy, fried food  
                               | • Popcorn  
                               | • Crackers  
                               | • Chips |
| Fruits                        | • Soft canned fruit without seeds or skin  
                               | • Ripe bananas  
                               | • Applesauce | • Fresh or frozen fruit  
                               | • Dried fruits  
                               | • Pineapple, oranges or other stringy, high pulp fruit |
| Vegetables                    | • Soft, cooked vegetables that are fork tender and diced to less than ½ inch | • Raw vegetables  
                               | • Salads  
                               | • Corn  
                               | • Peas  
                               | • Broccoli, cabbage, Brussels sprouts, asparagus or other fibrous cooked vegetables |
| Soups                         | • All cream-based or broth-based soups as recommended by your SLP or doctor - thin, mildly thick (nectar like), moderately thick (honey like) or extremely thick (spoon or pudding thick)  
                               | • Chili with easy to chew/swallow pieces of less than ½ inch | • Soups with meat or vegetable pieces greater than ½ inch  
<pre><code>                           | • Soups with rice, corn or peas |
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<td>Desserts</td>
<td>• Pudding&lt;br&gt;• Custard&lt;br&gt;• Yogurt&lt;br&gt;• Soft fruit pie with bottom crust only&lt;br&gt;• Fruit crisps or cobblers without seeds/nuts and with soft breading or crumb mixture&lt;br&gt;• Soft or moist cookies that have been “dunked” in milk, coffee or other liquid&lt;br&gt;• Soft, moist cakes with or without icing, moistened with ¼ cup liquid or just enough liquid to moisten if thin liquids are restricted&lt;br&gt;• Jello, sherbert, sorbet and ice cream (not allowed if on thickened liquids)</td>
<td>• Hard cookies&lt;br&gt;• Hard candy&lt;br&gt;• Chewing gum&lt;br&gt;• Chewy candy or desserts</td>
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<td>Condiments</td>
<td>• Margarine or butter&lt;br&gt;• Sugar or honey&lt;br&gt;• Syrup&lt;br&gt;• Jelly&lt;br&gt;• Sour cream&lt;br&gt;• Cream cheese&lt;br&gt;• Gravy&lt;br&gt;• Mustard&lt;br&gt;• Ketchup&lt;br&gt;• Mayonnaise&lt;br&gt;• Steak sauce&lt;br&gt;• BBQ sauce&lt;br&gt;• Herbs, spices</td>
<td>• Olives&lt;br&gt;• Pickles</td>
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Tips for getting enough nutrition

- Try to eat from a variety of food groups, so your body gets the nutrients it needs.
- To make sure you get enough calories and protein, you may include liquid nutrition supplements, such as Ensure, Boost, or Carnation Instant Breakfast if they are thickened to the right texture, if needed. “Plus” versions of these products provide the most calories and protein per serving. Taste is best when served cold.
- Eat small, frequent meals, especially if you are not able to eat large meals.
- Add gravies or sauces to enhance flavor and to increase moisture of foods to ease swallowing.
- Serve hot foods hot and cold foods cold to provide a variety of temperatures in your diet and to avoid food contamination.

Your Speech-Language Pathologist (SLP) may have more ways to help you with swallowing. Ask to speak to a Registered Dietitian (RD) if you have questions or concerns about this diet.