




Texture Modified Diets

Pureed Diet		Minced Diet		Dysphagia Soft Diet	
<p>Description:</p> <ul style="list-style-type: none"> • Texture of a pudding or mousse, with particles the same size or smaller than Cream of Wheat® or applesauce • Soft, smooth and moist • No water separation and no visible whole pieces of food 		<p>Description:</p> <ul style="list-style-type: none"> • Minced, grated or mashed foods that require little chewing • Moist food, without water separation • Soft, moist break products, such as white or whole wheat break with margarine or jelly 		<p>Description:</p> <ul style="list-style-type: none"> • Soft and moist • Meats and firm foods are tender and diced to 1 cm (1/2 inch) cubed • Foods that are soft enough not to require dicing, can be mashed with a fork in one hand (fork-mashable) • No foods that are dry, crumbly, chewy, sticky or gummy 	
Foods Allowed	Foods NOT Allowed	Foods Allowed	Foods NOT Allowed	Foods Allowed	Foods NOT Allowed
<ul style="list-style-type: none"> • Pureed vegetables and fruit; mashed potatoes • Applesauce; slurried bread products; smooth hot cereals • Pureed rice or pasta • Milk, smooth yogurt, or smooth pudding • Pureed meat, fish, or poultry • Pureed soups • Smooth sauces, gravies, or condiments 	<ul style="list-style-type: none"> • Raw whole vegetables and fruit; dried fruit even if pureed • Cold cereals • Breaks or other baked products • Milk products with fruit pieces • All nuts or seeds • Soups or condiments with chunks (e.g., jam, marmalade, relish) 	<ul style="list-style-type: none"> • Minced soft vegetables and fruit; mashed ripe banana; applesauce or fruit sauces • Soft, moist regular bread products • Smooth hot cereals or hot cereal with soft seeds • Soft minced or bite-sized pasta, or moist, sticky rice • Soft or grated cheese • Minced, moist meat, fish, or poultry, with smooth sauces or gravies 	<ul style="list-style-type: none"> • Raw vegetables; fruit that is raw or has tough skins; dried fruit • Dry, crumbly or chewy bread products (e.g. garlic toast, grilled cheese toast, angle food cake, carrot cake, crackers) • Cold cereals • Dry, loose rice • Slices or cubes or hard cheese • Breaded or battered meat, fish, or poultry, even if minced • Crunchy or smooth nut butters like peanut butter • All nuts and seeds 	<ul style="list-style-type: none"> • Diced or fork-mashable soft vegetables and fruit; vegetables should be minced if not fork-mashable • Soft fork-mashable pasta; moist rice that sticks together • Soft, moist bread products, hot cereals, cold cereals softened in milk • Milk products with small pieces of fruit • Soft fork-mashable or diced meat, fish, or poultry with gravy 	<ul style="list-style-type: none"> • Raw vegetables; fruit with tough skins; dried fruit • Dry, crumbly or chewy bread products • Cold cereals that do not soften in milk • Milk products with large pieces of fruit, nuts, grains or seeds • Dry, breaded or battered meat, fish or poultry • Large chopped or whole nuts and seeds • Crunch or smooth nut butters like peanut butter
					
<p>Purred pork roast with mashed potato, gravy and beans</p>		<p>Minced turkey with mashed potato, gravy, and minced peas and carrots</p>		<p>Diced beef with mashed potato, gravy, and diced carrots</p>	