




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 • Not lumpy, thin, or runny 		<p>Description:</p> <ul style="list-style-type: none"> • Minced, grated or mashed foods less than 1/2 cm (~1/4 inch) that require little chewing • Moist foods, without water separation • Soft, moist bread products, such as white or whole wheat bread 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; fruit sauces with seeds/skins strained out • Pureed or slurried bread products; smooth hot cereals • Pureed rice or pasta • Milk, smooth yogurt, or smooth pudding • Pureed meat, fish, or poultry • Pureed soups; pureed sandwiches • Smooth sauces, gravies, or condiments 	<ul style="list-style-type: none"> • Raw whole vegetables and fruit; dried fruit even if pureed; all pineapple • Cold cereals • Breads or other baked products • Dry rice • Milk products with fruit pieces • All nuts or seeds even in cereal and bread products • Breaded or battered meat, fish, or poultry, even if minced; fish containing bones • 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; soda crackers softened in smooth soup • Smooth hot cereals or hot cereal with ground seeds or bran • 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; rubbery or tough cooked vegetables; all pineapple • Dry, crumbly or chewy bread products (e.g. bagels, bread sticks, crusty buns, dry muffins, French bread, tortillas) • Cold cereals • Dry, loose rice or grains • Slices or cubes of hard cheese • Breaded or battered meat, fish, or poultry, even if minced; canned fish with bones • Crunchy or smooth nut butters like peanut butter; all nuts and seeds even in bread or grain products 	<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 soft pieces of fruit; cheese diced, sliced or grated • Soft, moist, fork-mashable or diced meat, fish, poultry or tofu; soft cooked beans, lentils, or peas; sandwiches with finely minced salad-type fillings (no whole vegetables) 	<ul style="list-style-type: none"> • Raw vegetables that cannot be mashed; fruit with tough skins; dried fruit • Dry, crumbly or chewy bread products; bread products with chunks; dry rice • 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; dry or crispy meat, fish, or poultry • Nuts or seeds, whole or chopped; • Hard fried eggs; sausage with firm casing
					
<p>Pureed 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>	