

Sample Easy to Chew Menu Plan

Below is a 1–day Easy to Chew menu that has been adapted from the [Example of a Completed Regular Menu Plan](#) Section 2.5 of the toolkit. Changes made to the Regular menu to fit the Easy to Chew diet are shown in bold. If a resident is on an Easy to Chew diet and has trouble cutting food, Cut/Diced foods may also be needed as an additional texture modification, as shown below.

A ✓ indicates no change from the **Easy to Chew** menu item.

Meal	Regular Menu Item	Easy to Chew Menu Item	Easy to Chew with Cut/Diced	Portion Size	Canada’s food guide	
Breakfast	Coffee/tea and water	Coffee/tea and water	✓	1 cup/ 250 mL	Beverages	
	100% apple juice	100% apple juice	✓	½ cup/ 125 mL	Vegetables and Fruits	
	Banana	Banana	Cut into bite-sized pieces	1 medium	Vegetables and Fruits	
	Bran cereal with raisins	Bran cereal (no raisins) softened in milk	✓	¾ cup/ 175 mL	Grain Products	
	Whole grain toast	Buttered whole grain toast	Cut toast in halves or quarters	2 slices (1 oz/ 35 g each slice)	Grain Products	
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)	
	Peanut butter	Peanut butter	✓	1 package (1 Tbsp/ 15 mL)	Protein Foods (Meat & Alternatives)	
Lunch	Water and coffee/tea	Water and coffee/tea	✓	1 cup/ 250 mL	Beverages	
	Beef barley soup	Beef barley soup	✓	1 cup/ 250 mL	Grain Products	
	Crackers, soda	Crackers, soda	✓	1 package (2crackers)	Grain Products	
	Turkey sandwich wrap on whole grain whole wheat pita bread, with romaine lettuce and tomato slices	Turkey sandwich wrap (turkey shaved paper thin)	Cut wrap into halves or quarters	1 whole (includes 2–3 oz/ 60–90 g lean turkey breast)	Protein Foods (Meat & Alternatives)	
		Pita bread, whole grain whole wheat			1 whole (2 oz/ 70 g)	Grain Products
		Finely shredded romaine lettuce , tomato in wrap			¼ cup/ 60 mL lettuce 2 slices tomato	Vegetables and Fruits
	Carrot sticks	Soft cooked carrot sticks	Cut into bite-sized pieces	5–6 pieces (3 inches/ 7 ½ cm long)	Vegetables and Fruits	
	Tossed salad	Finely shredded tossed salad	✓	½ cup/ 125 mL	Vegetables and Fruits	
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)	
Grapes	Grapes	✓	½ cup/ 125 mL	Vegetables and Fruits		

Sample Easy to Chew Menu Plan (Continued)

Meal	Regular Menu Item	Easy to Chew Menu Item	Easy to Chew with Cut/Diced	Portion Size	Canada's food guide
Afternoon Snack	Water and coffee/tea	Water and coffee/tea	✓	1 cup/ 250 mL	Beverages
	Orange	Orange (peeled and sectioned)	✓	1 medium	Vegetables and Fruits
	Oatmeal Cookie	Oatmeal cookie, soft baked	✓	2 small cookies (1-1 ½ oz / 30-38 g total)	Grain Products
Supper	Water and coffee/tea	Water and coffee/tea	✓	1 cup/ 250 mL	Beverages
	Meatloaf	Meatloaf	✓	1 slice (2 x 4 x ½ inch / 5 x 10 x 1 ½ cm)	Protein Foods (Meat & Alternatives)
	Baked potato	Baked potato (with no skin)	Cut into bite-sized pieces	1 medium	Vegetables and Fruits
	Green beans	Green beans	Cut into bite-sized pieces	½ cup/ 125 mL	Vegetables and Fruits
	Whole grain tray bun	Whole grain tray bun (soft)	Cut in halves or quarters	1 bun (1 oz/ 35 g)	Grain Products
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
	Baked apple with cinnamon	Baked apple with cinnamon	Cut into bite-sizes pieces	1 medium	Vegetables and Fruits
Vanilla pudding	Vanilla pudding	✓	½ cup/ 125 mL	Dessert	
Evening Snack	Water and coffee/tea	Water and coffee/tea	✓	1 cup/ 250 mL	Beverages
	Salmon salad sandwich on whole wheat bread	Salmon salad sandwich on whole wheat bread	✓	1-1 ½ oz/ 30-45 g salmon 1 slice bread (1 oz/ 35 g)	Protein Foods (Meat & Alternatives) Grain Products

If a resident on an Easy to Chew diet has trouble cutting food, Cut/Diced foods may also be needed. For more details on [Foods Allowed/Not Allowed on Cut/Diced](#), see Section 5.3.5.

If 'Cut/Diced' is ordered

- Toast, bread, or buns should be cut into halves or quarters.
- Sandwiches or wraps should be cut into halves or quarters.
- Fruit and vegetables should be peeled and sectioned, mashed, cut, or diced.
- Meat, poultry, or fish should be cut into bite-sized pieces.