

**Soft and Bite-Sized Diet**

**What is the soft and bite-sized diet?**

Soft and bite-sized foods are moist, soft, and easy to swallow. This diet is comparable to diced. Meats are ground or diced into pieces that are no larger than 1.5 cm x 1.5 cm for adults, and 0.8 cm x 0.8 cm for children. Food should not be runny or sticky and should be soft enough to be mashed with a fork. Chewing ability is needed for this texture, although biting is not required. Pieces should be ‘bite-sized’ at time of serving.

**Why is this diet safer for me?**

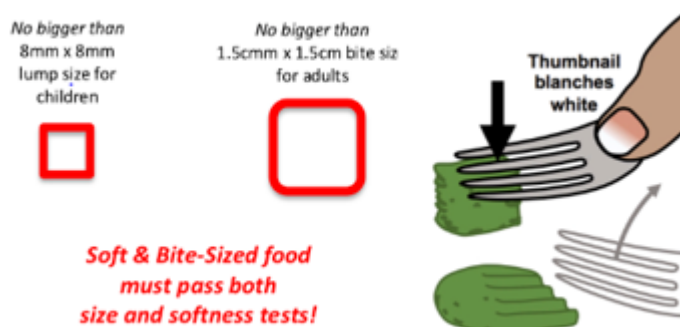
Your doctor wants you to follow this diet because you have dysphagia or other health problem that makes it hard for you to swallow. This can happen for many reasons, but often is caused by a stroke, injury, or disease. This diet is the next step in moving from eating minced food to more solid food.

**How to Prepare Meat and Vegetables**

All food must be in pieces that are smaller than ½ inch. The picture below will help you see how small the pieces of food should be.

**What about mixtures of liquids and solids like soups and canned fruits?**

Thin liquids go down very quickly, but solids require chewing. While you are busy chewing, the thin liquid is at risk to go down your throat before you can protect your windpipe and it can go into your lungs. So, it is safer to do one consistency at a time. Refer to the table on the next page to see what foods are and are not safe.



<b>Food Groups</b>	<b>Safe Foods</b>	<b>Foods to Avoid</b>
<b>Milk Products</b>	<ul style="list-style-type: none"> <li>• Yogurt (smooth or fruited)</li> <li>• Cottage cheese</li> <li>• Thin sliced or small cubed cheese</li> </ul>	
<b>Meat and Protein</b>	<ul style="list-style-type: none"> <li>• Diced (1/2 inch) or ground tender cooked meat and poultry moistened with gravy</li> <li>• Moist meatballs</li> <li>• Baked, soft cooked fin fish or salmon</li> <li>• Casseroles with ground or ½ inch diced meat and tender vegetables such as beef stew and chicken ala king</li> <li>• Eggs</li> <li>• Tuna or egg salad without large chunks of celery or other raw vegetables</li> <li>• Soufflés</li> <li>• Tofu</li> </ul>	Cold cuts, sausage, bacon, wieners, hamburgers, casseroles with large chunks of food or nuts, sandwiches, peanut butter, nuts
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Soft cooked, minced vegetables, squash, legumes, potatoes</li> <li>• Canned green beans</li> </ul>	Raw or hard stringy vegetables, frozen green beans
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Canned drained fruits</li> <li>• Soft, ripe bananas</li> </ul>	Hard fresh fruits, dried fruit, fruits with skins, seeds or pits, pineapple
<b>Breads, Cereals, and Starches</b>	<ul style="list-style-type: none"> <li>• Cream of wheat, cream of rice, oatmeal, malt-o-meal</li> <li>• Soft pancakes with syrup</li> <li>• Thin sliced French toast with syrup</li> <li>• Soft pasta</li> <li>• Slightly moistened dry cereal with little texture</li> <li>• Rice with a sauce to hold it together, rice should separate into single pieces</li> </ul>	Sticky rice, bagels, English muffins, breads, rolls, muffins, bread with nuts or seeds, saltine crackers, dry cake or biscuits
<b>Soup</b>	<ul style="list-style-type: none"> <li>• Any cream soup strained or put in a blender</li> <li>• Broth based soups that have been put in a blender.</li> </ul>	Large chunks of food in soups
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Custards, pudding, rice pudding or bread pudding</li> <li>• Cakes; soft cookies; pies</li> </ul>	Gelatin, desserts with nuts, seeds, sticky caramels, marshmallows, or dried fruit
<b>Drinks</b>	<ul style="list-style-type: none"> <li>• Drinks that are a safe liquid thickness for you.</li> <li>• Tip: Drinks may need to be thickened.</li> </ul>	

Food Groups	Safe Foods	Foods to Avoid	Thin liquids (if allowed)
<b>Other</b>	<ul style="list-style-type: none"> <li>• Butter, margarine, oils, or vegetable shortening</li> <li>• Smooth cream cheese</li> <li>• Salad dressings, mayo, vinegar</li> <li>• Gravies</li> <li>• Salt, pepper, herbs, spices,</li> <li>• Ketchup, mustard</li> <li>• Honey, jelly, jams and preserves without seeds</li> <li>• Sugar, syrup, molasses</li> <li>• Horseradish, chili sauce</li> <li>• Sauces and salsa that have small tender chunks smaller than ½ inch</li> <li>• Soft, smooth chocolate bars</li> </ul>	Cream cheese with chunks (such as nuts, pineapples or vegetables), olives, seeds, nuts, coconuts, sticky foods, hard or chewy candies or candy with nuts, crust or skin that forms on foods during cooking	

**Who to Call**

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition)

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: **(608) 890-5500.**

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#459