

Minced and Moist Diet

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Minced and moist diet foods are any of the foods on the pureed diet plus meats and vegetables that have been cut up or minced into very small pieces. This diet is comparable to minced. The pieces should only be 1/8 inch in size or smaller. Please see the picture below. All foods should be moist and easy to swallow. Minimal chewing should be needed to eat this food texture (e.g. tongue force should be able to squash/break food). You will need to avoid rice, bread, and foods like soups that contain mixes of liquids and solids.

Why a Minced and Moist Diet is Safer for Me

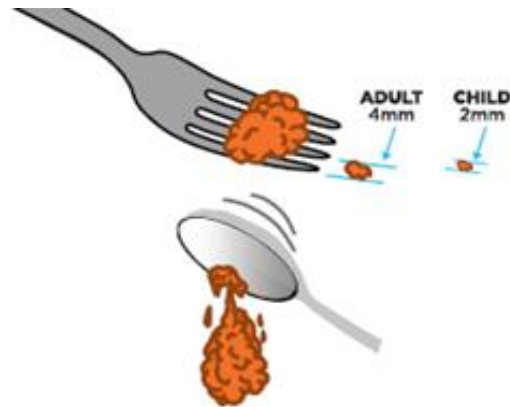
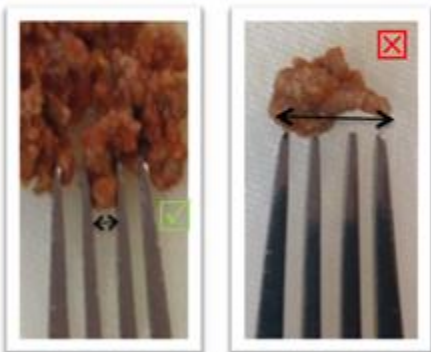
Your doctor wants you to follow this diet because you have dysphagia or other health problem that makes it hard for you to swallow. This can happen for many reasons, but often is caused by a stroke, injury, or disease.

This diet is the next step in moving from pureed food to food that is more solid and like the food you used to eat. Minced and moist foods are moist with very small pieces of meat or veggies that do not need a lot of chewing and are easy to swallow. Refer to the table on this handout to see what foods are safe and which ones to avoid.

How to Prepare Minced Meat and Vegetables

All food must be in pieces that are smaller than 1/8 inch (4 mm) for adults and smaller than 1/16 (2 mm) for children. First, cut small pieces of food and then run knife through food over and over in one direction. Rotate the pieces of foods 90 degrees and run knife through the food again over and over until all pieces are the correct size. If you prefer, you may mince using a food processor.

Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



*The International Dysphagia Diet Standardization Initiative 2019
@<https://iddsi.org/framework/>*

Food Groups	Safe Foods	Foods to Avoid
Milk products	<ul style="list-style-type: none"> • Yogurt (smooth or fruited) • Cottage cheese 	Firm cheese
Meat and Protein	<ul style="list-style-type: none"> • Ground or minced (1/8 inch or less) • Tender cooked meat and poultry moistened with thick sauces or gravy • Pureed or finely mashed fish • Moist pureed casseroles • Tuna or egg salad without crunchy ingredients • Poached, scrambled, or soft cooked eggs • Soufflés • Tofu 	Smoked meats, cold cuts, sausage, nuts, wieners, fried, hard cooked, or runny eggs, sandwiches with bread, peanut butter
Vegetables	<ul style="list-style-type: none"> • Finely minced or pureed soft well-cooked vegetables • Mashed potatoes • Winter squash 	Raw, fried or crisp-cooked vegetables, corn, peas, pickles, asparagus, lettuce, salads, coleslaw cooked legumes
Fruits	<ul style="list-style-type: none"> • Pureed fruits • Soft well mashed bananas • Applesauce 	Canned or cooked whole fruits, raw or dried fruits, fresh or canned pineapple, skins or seeds
Breads, Cereals, and Starches	<ul style="list-style-type: none"> • Served thick: cream of wheat, cream of rice, malt-o-meal • Oatmeal that has been put in a blender and becomes “pudding-like” • Soft pasta or rice (non-sticky) in a sauce that has been put in a blender 	Breads, fried breads, rolls, buns, muffins; pancakes, French toast, and toast, minced rice or pasta without sauce to hold it together, brown or wild rice, dry cereal, crackers, popcorn, chips, pretzels, french fries
Soup	<ul style="list-style-type: none"> • Cream soups that have been put in a blender • Broth soups that have been strained or put in the blender • Plain broth 	Regular soups that have both solids and liquids
Desserts	<ul style="list-style-type: none"> • Pudding • Custards • Rice pudding 	Gelatin, bread pudding, cakes, pies, cookies, desserts with nuts, seeds, sticky caramels, or dried fruit
Drinks	<ul style="list-style-type: none"> • All drinks that are a safe liquid thickness for you • Tip: Drinks may need to be thickened 	Juices with pulp

Other	<ul style="list-style-type: none"> • Butter, margarine, oils, vegetable shortening • Salad dressings, vinegar, mayonnaise • Gravy • Sour cream • Whipped topping • Salt, pepper, herbs, spices, catsup, barbeque sauce, mustard • Honey, smooth jellies, molasses • Sugar or artificial sweetener • Syrup 	Seeds, nuts, coconut, sticky foods, hard or chewy candies
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Who to Call

If you have more questions, please contact UW Health at one of the phone number listed below. You can also visit our website at 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.**

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 © 10/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#457