

Minced Foods Diet

We have recommended a **minced foods diet**. This diet is helpful if you have:

- Difficulty chewing
- Difficulty swallowing
- Pain when eating because of a sore mouth or you have dentures that do not fit properly.

What are minced foods?

Minced foods are foods that are soft and moist naturally or after cooking.

They are minced, chopped or mashed into small pieces that are equal to or smaller than this box . You may need to add sauces, gravies, juices, water, butter or margarine to soften foods to make them easier to swallow.

How do I prepare minced foods?

1. Cook the food until it is tender.
2. Using either a knife or a food processor, chop the food until the pieces are approximately 1 cm or 1/2-inch cubes.
3. For tougher food such as meat, you may need to make the pieces even smaller.
4. For food that is naturally soft, such as a ripe banana, you may not have to chop the pieces as small.

How can I make sure I am drinking enough liquids?

- Look at the colour of your urine. If it is dark yellow, it may mean you are not getting enough liquids.

- Other signs that you are not getting enough liquids include dry mouth, dry eyes and dry skin.

How can I maintain good bowel function?

- Make sure you drink enough liquids.
- Choose foods with fibre. Include minced vegetables or fruits and whole grains (without seeds and chunky pieces).
- Try prune juice or minced prunes.
- Your doctor may prescribe a laxative if you need one - **never use mineral oil for constipation**. Speak to your pharmacist for over-the-counter products.

What general guidelines should I follow?

- Follow **Canada's Food Guide** to plan meals.
- Sit upright for meals. Do not lie down for at least 15 to 30 minutes after each meal or snack.
- Remove any distractions at meal times.
- Take small mouthfuls of minced foods. Half to one teaspoonful at a time (use small spoons).
- Make sure you swallow the food inside your mouth before taking your next bite.
- Do not wash down food with liquids. This may cause you to choke.
- Before and after each meal, clean your mouth well using non-alcohol based mouthwash and swab to prevent infection.
- Keep your mouth and lips moist - **never use mineral oil or petroleum jelly inside the mouth**.



Foods you CAN eat

(Foods allowed/recommended)



Foods you CANNOT eat

(Foods not allowed/not recommended)

Grain Products:

- Hot cereal (Cream of Wheat®, Cream of Rice®, cornmeal, polenta, oatmeal)
- Soggy cereal
- Minced bread products
- Cakes or muffins
- Chopped French toast/pancakes
- Chopped pasta and soft grain rice
- Minced dumplings, congee or baby cereal
- Bread may be softened with milk or in soup before eating.



- Crusty or crisp bread, crisp roti, tortilla or pita
- Crackers, croutons or cookies (dry, crumbly)
- Granola, or cold dry cereal with nuts, dried fruit or coconut
- Pies
- Whole pasta, noodles, dry loose rice without sauce
- Dry cakes or muffins.

Fruits and Vegetables:

- Minced and softened vegetables or fruits without skins or seeds (such as ripe mashed bananas)
- Fruit or vegetable juices
- Chopped cooked vegetables
- Chopped canned fruit
- Mashed (instant or cooked) or chopped boiled potatoes (peel off skin)
- Commercial baby fruits and vegetables in jars.



- Crisp fruit, fresh fruit with peel, seeds or pits
- Small fruits (berries, raisins or grapes)
- Raw, crisp, stringy fruits and vegetables (such as pineapple or celery)
- Vegetables that do not mince well (such as corn and peas)
- Dried fruits.

Milk Products:

- Milk or soy beverages
- Minced or soft fruit yogurt
- Smooth custard or pudding
- Soft minced cheeses such as ricotta, soft grated or shredded goats milk cheese, cottage cheese or soft processed
- Ice cream or frozen yogurt with no pieces (nuts, chocolate chips, fruits).



- Hard or crumbly cheese.



Foods you CAN eat

(Foods allowed/recommended)



Foods you CANNOT eat

(Foods not allowed/not recommended)

Meat and Alternatives:

- Minced meats
- Minced casseroles or minced shepherd's pie
- De-boned minced fish
- Minced or mashed legumes
- Soft cooked poached eggs, scrambled eggs, or chopped egg.



- Tough meats: poultry and fish, which are not minced
- Nuts and seeds, peanut butter or other nut butters unless mixed with other foods
- Chunky peanut butter.

Other Foods:

- Honey, sugar or syrup added in moderation
- Well-ground spices, flavourings (not chunky)
- Nutritional supplements
- Soups must be minced
- Gravy, Ketchup, mustard, mayonnaise, sour cream, butter, margarine and cream.



- Desserts with hard, crumbly crusts
- Coconut pieces
- Chips, pretzels, popcorn
- Candy, gum or sticky, gummy foods
- Chunky spices such as coarsely ground pepper.

Minced Foods Diet Menu Sample

Breakfast	Orange juice, milk, tea, or coffee Cream of Wheat® made with milk or soymilk Scrambled eggs
Lunch	Soft mashed potatoes Minced chicken and gravy Soft and minced carrots, moistened with sauce Pudding Water or juice
Dinner	Minced, beef noodle soup Minced casserole Moist mashed yams or minced green beans Yogurt Tea
Snack ideas	<ul style="list-style-type: none"> • Milk or soy milk • Softened peaches or other seedless fruits • Smoothie with dessert tofu, soy milk and seedless fruit • Minced or soft fruit yogurt • Nutritional supplement • Pudding

Where can I find more information?

St. Clair West Services for Seniors Meals on Wheels

2562 Eglinton Ave. W., Ste. 202, Toronto, Ont. M6M 1T4

Tel: (416) 787-2114

Email: info@servicesforseniors.ca

Lumacare (formerly Downsview Services to Seniors) Meals on Wheels: Ready, prepared meals

497 Wilson Ave., North York, Ont. M3H 1V1

Tel: (416) 398-5511

Email: info@lumacare.ca

Circle of Care Meals on Wheels: (kosher meals)

530 Wilson Ave., 4th Flr., Toronto, Ont. M3H 5Y9

Tel: (416) 635-2860

Email: info@circleofcare.com

You are on a Special Diet.



If your family or friends are planning to provide you with food from home while you are in the hospital, please make sure they check with a member of the health care team first. See below for contact information.

Whom can I contact?



Registered Dietitian:

Speech-Language Pathologist:

Other Suggestions:
