



**Registered Dietitians**  
Department of  
Veterans Affairs  
*Leading the way to better health*

# DYSPHAGIA MINCED

## DIET PRINCIPLES:

- 👍 Foods served are easily swallowed with little chewing required and are changed to prevent obstruction.
- 👍 Foods are moist, soft-textured, and easily formed into a small ball. Meats are ground or minced to no larger than one-eighth-inch pieces and should be moist.
- 👍 All foods from Dysphagia Pureed diet can be used on this diet level.
- 👍 The diet may be changed to meet the patient's needs
- 👍 This diet is an added texture between the NDD Level 1: Dysphagia Pureed Diet (Dysphagia #1) and the NDD Level 2: Dysphagia Mechanically Altered Diet (Dysphagia #2).

### Food Group

### Allowed

### Not Allowed

#### BEVERAGES

All with only small amounts of texture, pulp. The liquid should be mixed well so no clumps are present. Beverages may need to be thickened to prescribed liquid consistency.

None

#### BREADS

Pureed bread; slurried bread, sweet rolls, Danish pastries and French toast that are gelled through entire thickness of product; soft-textured pancakes with syrup, bread dressing with gravy.

All others, any with nuts

<b><u>Food Group</u></b>	<b><u>Allowed</u></b>	<b><u>Not Allowed</u></b>
CEREALS	<p>Cooked cereals with little texture, including oatmeal; slightly moistened dry cereal with little texture such as corn flakes, Rice Krispies®, Wheaties®; unprocessed wheat bran stirred into cereal</p> <p><i>*If pt is on thickened liquids, all liquid needs to be absorbed into the cereal.</i></p>	<p>Shredded Wheat®; All Bran®; Corn, Rice or Wheat Chex®; granola; Grape Nuts®; all with whole grain, coconut, dried fruit, nuts or seeds</p>
DESSERTS	<p>Plain cakes, soft cookies, and fruit crisps may be soaked in liquid or slurried; pudding or custard type pies; soft fruit pies with bottom crust only; pudding; custard; ice cream; sherbet; whipped or cubed gelatin; mousse</p>	<p>All desserts and sweets containing seeds, nuts or fruits not allowed; dry, coarse cakes and cookies; rice or bread pudding</p>
<p><i>*If patient is on thick liquids, frozen malts and yogurt, milk shakes, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin or any foods that melt at room or body temperature are restricted also.</i></p>		
FATS	<p>Butter, margarine; mayonnaise; gravy with all ground meat, mashed potatoes and bread dressing; sauces; cream; smooth salad dressing; sour cream; whipped topping; cream cheese</p>	<p>Bacon; tartar sauce; all fats with chunky additives</p>
FRUITS AND FRUIT JUICES	<p>Fruit juices; soft drained canned or cooked fruits without seeds or skins; strained pureed fruits; soft, ripe banana. Beverages may need to be thickened to prescribed liquid consistency.</p>	<p>All other fresh, frozen, dried or whole fruits; cherries; all pineapple. Cooked fruit with skin or seeds.</p>
POTATOES AND POTATO SUBSTITUTES	<p>Well cooked, moistened, boiled, baked, or mashed potatoes with gravy or sauce; shredded hash browns that are not crisp; well cooked, chopped noodles, spaetzel or soft dumplings moistened with butter or gravy</p>	<p>Fried potatoes; potato skins; potato chips; rice, shoestring potatoes, French fried potatoes, plain noodles</p>

<b><u>Food Group</u></b>	<b><u>Allowed</u></b>	<b><u>Not Allowed</u></b>
SOUPS	Strained soups, soups with easy to chew or swallow meats or vegetables (pieces should be less than 1/8 inch in size). Soups may need to be thickened to prescribed liquid consistency.	Soups with large chunks of meat or vegetables; any with rice, corn or peas
SWEETS	Honey; sugar; jam or jelly without seeds; syrup; molasses; soft smooth chocolate bars that are easily chewed	Any with seeds, nuts, coconut; sticky foods; chewy candies; marmalade
VEGETABLES AND VEGETABLE JUICES	Cooked vegetables without seeds or skins which have been pureed or minced into 1/8 inch pieces; mashed winter squash; tender cooked minced carrots; minced tomatoes; French cut or pureed beans; chopped in ground casseroles; all vegetable juices. Should be able to mash vegetables with a fork.	Broccoli; cabbage; corn; Brussels sprouts; asparagus; strained peas or other fibrous, non-tender or rubbery cooked vegetables; tomatoes with seeds: spinach; cauliflower.
MISCELLANEOUS	Flavoring extracts; pepper; salt; sauces and salsa with small tender chunks (less than 1/8 inch in size)	Coconut; olives; pickles; seeds; nuts
<u>MEAT GROUP:</u> ** CHEESE	Melted, grated or cottage cheese; cream cheese; quiche without large chunks, moist macaroni and cheese	All others including cheese slices and cubes
EGGS	Scrambled or soft cooked eggs and egg substitute (egg yolks should not be “runny”, should be moist and able to mash). To prevent eggs from breaking apart, they may be served with a sauce; soufflés with small soft chunks	All others
FISH	Tender, moist, boned fish	All others

**Food Group**

**Allowed**

**Not Allowed**

MEAT ENTREES,  
MEAT SUBSTITUTES

Ground or minced meat with gravy, moist ground meat casseroles; moist meatballs and meat loaf; tofu; tuna or egg salad without celery, onion, or other large chunks, well-cooked pasta with meat sauce, tuna-noodle casserole, soft, moist lasagna

Whole, diced, sliced or shaved meat; peanut butter; dry tough meats such as bacon; sausage, hot dogs, bratwurst; casseroles with rice or large chunks; sandwiches; pizza

POULTRY

Ground or minced poultry with Gravy; ground poultry casseroles

Diced, sliced, shaved or whole poultry

MILK AND MILK  
PRODUCTS

All milk; yogurt, plain, flavored or with allowed fruit.  
Beverages may need to be thickened to prescribed liquid consistency.

None

**\*\* Meat or protein substitute minced pieces should not exceed 1/8<sup>th</sup> inch cube and should be tender**

**\*\* All meats or protein substitutes should have sauce or gravy, or be very moist**



**Central Texas Veterans Health Care System**

**Questions, please call  
Nutrition and Food Service:**

Austin: Dial Direct (512) 389-6531 or 1-(800) 423-2111 Ext. 46531

Temple: Dial Direct (254) 743-1999 or 1-(800) 423-2111 Ext. 41999

Waco: Dial Direct (254) 297-3201 or 1-(800) 423-2111 Ext. 53201

Approved by Patient Education Committee date to be added later