

Minced diet: what are minced foods and how to make them


For people who have trouble chewing or swallowing

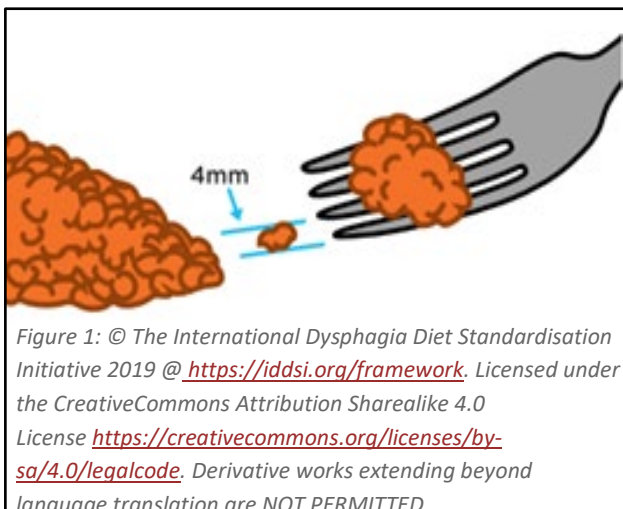
Minced foods are broken down into very small pieces, like egg salad or cottage cheese. Minced foods should:

- need very little chewing before swallowing
- be soft and moist
- not have any liquid or crumbs fall off when piled on a fork

You can mince most foods. Try to eat a variety of minced foods that includes protein foods, grains, vegetables, and fruits.

How to make minced foods

1. **Cook hard foods until soft.** It is best to boil, poach, stew, or steam foods.
2. **Mince soft food using one of these methods.** Each piece of food should be 4 mm or less in size or small enough to fit between the prongs of a fork. This is a 4 mm square. 
 - **Food processor or blender:** put soft food into a food processor or blender. Pulse (press the start button quickly and repeatedly) until food is the right size.
 - **Fork:** mash very soft foods, like ripe banana or peeled and boiled potato, with a fork, potato masher, or pastry blender.
 - **Knife:** use a sharp knife to cut soft foods.
3. **Stir sauce into your food if it is dry or crumbly (seperates into pieces).** Sauces should be smooth and thick. Use enough sauce to cover all the pieces of food. Examples of sauces are:
 - tomato or cream sauce
 - mayonnaise, hollandaise
 - curry sauce, gravy
 - sour cream, yogurt
4. **Season food** using herbs, spices, salt, and pepper.



You can also eat pureed foods, such as applesauce or yogurt, on a minced diet. Ask your dietitian or speech language pathologist (SLP) how to make pureed foods.

Your SLP may recommend a no mixed consistency diet. This means solid foods should be eaten separate from liquids. Examples of mixed consistency foods are soup with pieces of noodles, meat, or vegetables and cold cereal with milk. Your dietitian or SLP will tell you how to make no mixed consistency foods.

Tips for mincing food

Avoid these foods. They do not mince well:

- ✗ over-cooked or tough meat and poultry
- ✗ meat with casings, like sausages
- ✗ high fibre grains, like wild rice, steel-cut oats, and popcorn
- ✗ nuts, seeds, crunchy nut butters
- ✗ hard or melted cheese
- ✗ dried fruit, coconut
- ✗ hard or dry foods, like crackers and granola
- ✗ sticky foods, like marshmallow and gum
- ✗ stringy vegetables, like asparagus, beans, bok choy, celery, and gai lan
- ✗ stringy fruit, like rhubarb and pineapple

Follow these food safety rules when you mince food.

- ✓ Clean your food processor or blender with soap and hot water every time you use it.
- ✓ Rinse all fruits and vegetables under running water before cooking or mincing.
- ✓ Cover and refrigerate uneaten food within 1 hour.
- ✓ Keep minced food in the fridge for up to 2 days or in the freezer for up to 3 months.

The following foods need special preparation to eat on a minced diet.

- **Rice and grains:** cook until very soft, then mince and eat with sauce. Rice should not be sticky or gluey. Use enough sauce to hold the grains or rice together.
- **Bread:** do not eat regular bread as it can cause you to choke. Soak soft, crumbly baked goods, like plain muffins, pancakes, and bannock, in milk or other liquid until mushy before eating.
- **Fruits and vegetables:** remove seeds, pits, and tough skins before cooking and mincing.

Sample minced menu

Breakfast	scrambled eggs with minced, sautéed onion and pepper	congee made with ground pork and minced scallion
Snack	cottage cheese with minced peaches	oatmeal with mashed berries and milk
Lunch	polenta with ground beef in tomato sauce and mashed broccoli	red lentil dal (all ingredients minced) and minced rice moistened with extra sauce
Snack	hummus with minced carrots	dessert tofu with mashed peaches
Dinner	ground chicken with gravy, mashed potatoes and minced green beans	steamed fish mashed with sauce, minced noodles and mashed squash
Snack	bread pudding (no fruit or nuts)	pudding, custard or ice cream

If you have questions about this nutrition information, please contact your dietitian:

Name:

Phone number: 416-480-6100 extension:

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