

Notes:

- Definition: all meat, entrees, and vegetables are minced to ¼ inch in size. Soft breads and baked products are allowed, sandwiches with minced filling and no raw vegetables.
- *Jell-O®, ice cream or sherbet is allowed for thin fluids, but NOT thickened fluids.
- Extra moisture may be needed

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • Minced, cooked vegetables (no seeds or skins) • Soft cooked potatoes mashed or fork mashed without skin or crispiness, with moisture added (ex. milk, butter, gravy) • Cooked peas and corn minced by Blixer • Creamed corn 	<ul style="list-style-type: none"> • Stringy, non-tender or rubbery cooked vegetables
Fruit	<ul style="list-style-type: none"> • Minced, drained, canned fruit (no seeds or skins) • Soft, ripe banana • Applesauce • Minced berries (ex. strawberry, raspberry, blueberry) • Minced, ripe melon 	<ul style="list-style-type: none"> • Dried fruit (ex. raisins) • Pineapple, grapes, oranges, grapefruit • Coconut • Raw, hard fruit (ex. apples)
Salads	<ul style="list-style-type: none"> • Minced pasta or potato salad with no raw vegetables • Jellied salads made with allowed ingredients 	<ul style="list-style-type: none"> • All raw vegetable salads or salads containing raw vegetables
Grain Products	<ul style="list-style-type: none"> • Moist & soft breads (crusts removed), muffins, waffles, pancakes • Lightly toasted bread with crust removed • Soft biscuits or scones • Minced pasta with sauces/gravies • Moist stuffing • Rice (as tolerated) • Quinoa, couscous, other grains • Hot cereal • Soft dumplings in gravy/ sauce • Cold cereal with milk that has been soaked until very soft and mushy (as tolerated) • Crackers in soup 	<ul style="list-style-type: none"> • Chewy/dense foods (bagels, bread sticks) • Crunchy foods (melba toast, baguettes,) • Cold cereal when not soaked • Granola • Crackers (unless soaked in soup) • Grain products made with nuts, seeds or coconut • Hard, dry breads (some gluten free breads) • Raisin bread

Item	Foods Allowed	Foods Not Allowed
Milk & Alternatives	<ul style="list-style-type: none"> ● Fluid milk (if thin liquids are tolerated) ● Smooth yogurt or yogurt containing fine bits of fruit ● Puree or small curd cottage cheese ● Some soft cheeses ● Processed cheese slice or grated cheese ● Melted cheese 	<ul style="list-style-type: none"> ● Hard cheese, cubed or sliced (cheddar, mozzarella, marble, Swiss)
Meat & Alternatives	<ul style="list-style-type: none"> ● Scrambled, poached or soft cooked eggs with moisture added (sauce or margarine) ● Smooth quiche with soft crust ● Minced meat/poultry/fish with gravy or sauce ● Soft, minced casseroles ● Sandwiches with minced filling and no raw vegetables ● Tender fish (no bones) cut into bite sized pieces with gravy or sauce ● Soft tofu ● Well cooked, minced, moist legumes 	<ul style="list-style-type: none"> ● Tough, dry meat ● Plain meats without gravy ● Peanut butter ● Nuts and seeds ● Boiled & fried eggs ● Bacon ● Sandwiches with minced filling and raw vegetables (ex. celery and/or onion)
Soups	<ul style="list-style-type: none"> ● Cream or stock soups with minced meat and soft, well cooked, allowed vegetables ● Pureed or strained soups 	<ul style="list-style-type: none"> ● Soup with large chunks of vegetables or meat ● Soup with whole green peas or corn
Oils & Fats	<ul style="list-style-type: none"> ● Any as tolerated 	Fats with coarse or chunky additives
Desserts & Sweets	<ul style="list-style-type: none"> ● Soft desserts ● Jell-O®, ice cream, sherbet * ● Soft cakes ● Soft cookies ● Puddings, mousse, custard ● Soft pie with minced filling ● Rice, tapioca and Bread pudding (as tolerated, no raisins) 	<ul style="list-style-type: none"> ● Sticky desserts, caramels ● Dry, coarse cakes and cookies (ex. arrowroot biscuits, digestive cookies) ● Desserts with added nuts or raisins ● Hard or chewy candies ● Hard marshmallows
Fluids	<ul style="list-style-type: none"> ● Most fluids (if tolerated with liquid consistency) 	<ul style="list-style-type: none"> ● None
Miscellaneous	<ul style="list-style-type: none"> ● Honey, Syrup, jams and jellies ● Sandwiches with moist, minced filling or processed cheese slices and crust removed (no onion, celery) 	<ul style="list-style-type: none"> ● Potato chips, cheezies, pretzels ● Popcorn ● coconut