

Notes:

- Definition of Total Minced: all meat, entrees, and vegetables are minced.
- Foods that are minced must be ¼ inch (6mm) or less in size.
- Bread and baked products are pureed.
- **No fluids combined with solids.**
- *Jell-O®, ice cream or sherbet is allowed for thin fluids, but NOT thickened fluids.

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) • Pureed, ripe banana (the product may look brown and adding small amount of fruit juice prior to pureeing may improve appearance) • Applesauce • Minced berries (ex. strawberry, raspberry, blueberry) • Minced, ripe melon 	<ul style="list-style-type: none"> • Dried fruit • 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 	<ul style="list-style-type: none"> • All raw vegetable salads or salads containing raw vegetables • Jellied salads with fruit or vegetables
Grain Products	<ul style="list-style-type: none"> • Hot cereal, smooth consistency • Pureed pancakes and waffles • Pureed or slurried bread (no crust) • Minced pasta in sauce or with moisture added (cohesive, excess fluid drained) • Pureed sandwich • Pureed dumplings in gravy or sauce 	<ul style="list-style-type: none"> • Whole breads, toast and baked goods • Red River cereal • Dry or cold cereal • Rice • Granola • Crackers
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 • Processed cheese slice or grated cheese 	<ul style="list-style-type: none"> • Hard cheese, cubed or sliced (ex. cheddar, mozzarella, marble, Swiss)

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> ● Melted cheese 	
Meat & Alternatives	<ul style="list-style-type: none"> ● Scrambled or pureed eggs with moisture added (ex. sauce or margarine) ● Smooth quiche without crust ● Minced meat/poultry/fish with gravy or sauce ● Soft, minced casseroles ● Salad type minced meat without raw vegetables ● Canned salmon or tuna, mashed with mayo or sauce, with finely crushed bones. ● Soft tofu ● Well cooked, minced, moist legumes ● Pureed sandwich 	<ul style="list-style-type: none"> ● Tough, dry meat ● Plain meats without gravy ● Peanut butter ● Nuts and large seeds ● Boiled, fried, poached or soft cooked eggs ● Bacon ● Jerky
Soups	<ul style="list-style-type: none"> ● Pureed 	<ul style="list-style-type: none"> ● Any other
Oils & Fats	<ul style="list-style-type: none"> ● Margarine, butter, cooking oils, salad dressings made allowed ingredients ● Smooth or strained gravy, cream sauces and cheese sauces ● Sour cream 	<ul style="list-style-type: none"> ● Salad dressing, gravy or sauces made with ingredients not allowed ● Cheez Whiz
Desserts & Sweets	<ul style="list-style-type: none"> ● Jell-O®, ice cream, sherbet* with allowed ingredients ● Pureed cakes and cookies ● Smooth milk puddings, mousse, and custard ● Pureed pie ● Pureed bread or rice pudding 	<ul style="list-style-type: none"> ● Sticky desserts, caramels ● Dry, coarse cakes and cookies (ex. arrowroot biscuits, digestive cookies) ● Hard candies
Fluids	<ul style="list-style-type: none"> ● All fluids (if tolerated with liquid consistency) 	<ul style="list-style-type: none"> ● None
Miscellaneous	<ul style="list-style-type: none"> ● Honey, syrup ● Seedless jams and jellies ● Ground flax seed 	<ul style="list-style-type: none"> ● Potato chips ● Popcorn ● Coconut ● Whole flax seed

References:

Manitoba Health: *Manual for Feeding and Swallowing Management in Long Term Care Facilities, 2010*
Management of Dysphagia Presentation, Deer Lodge Centre, September 14, 2014
Hamilton Health Centre, 2010