

Notes:

- *Needs Speech Language Pathology (SLP) or Registered Dietitian (RD) individual review due to sticky or crumbly food properties.
- Definition of Soft with Minced Meat: fork-tender, able to be cut with the side of a fork; cooked tender and moist; easy to chew. All meat products are minced to ¼ inch in size. Food items that are not fork-tender are minced or removed.
- Soft with minced meat is for individuals who have difficulty chewing soft cooked meat, if swallowing concerns consult SLP for review.
- 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"> • Tender cooked vegetables • Raw tomato, raw cucumber without the peel, raw mushrooms • Creamed corn • Minced kernel corn (minced with a Blixer) • Potatoes without skin or with skin if boiled or steamed; soft French fries, hash browns • Sour cabbage (sauerkraut, cabbage rolls), steamed cabbage 	<ul style="list-style-type: none"> • Raw vegetables (except raw tomato, cucumber without peel, mushrooms) • Kernel corn • Non-tender cooked vegetables • Vegetables with strings or tough skins • Baked potato with skin; deep fried potatoes, roasted potatoes; • Any with nuts, seeds
Fruit	<ul style="list-style-type: none"> • Canned fruit (except pineapple tidbits or sliced pineapple) • Minced, canned apricots • Fresh, soft-ripened fruit • Crushed Pineapple • Avocado • Stewed dried fruit • Stewed fruit (ex. Rhubarb, apples without skin) • Frozen fruit • Grapes • Oranges and grapefruit with membranes removed • Finely grated fresh fruit • Fruit salad made with allowed ingredients 	<ul style="list-style-type: none"> • Fruit with stringy or tough skins • Canned sliced pineapple or pineapple tidbits • Dried fruits • Hard raw fruit (e.g. pineapple, apples) • Hard unripened fruit (e.g. melon) • Oranges and grapefruit with membranes
Salads	<ul style="list-style-type: none"> • Cooked carrot salad • Pickled beets • Pasta salad with allowed ingredients • Jell-O® salads made with allowed ingredients • Bean salad made with allowed ingredients 	<ul style="list-style-type: none"> • Coleslaw • Creamy cucumber salad (no onions) • Raw vegetable salad • Tossed salad • Caesar salad

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> ● Potato salad made with allowed ingredients ● Other marinated vegetable salads 	<ul style="list-style-type: none"> ● Spinach salad
Grain Products	<ul style="list-style-type: none"> ● Moist & soft breads, buns, rolls, muffins, waffles, pancakes, cinnamon buns, raisin bread ● Lightly toasted bread ● Soft, moist pasta ● Soft, moist rice* ● Moist stuffing ● Hot cereals ● Cold cereals in milk ● Crackers moistened in soup 	<ul style="list-style-type: none"> ● Chewy/dense foods (bagel) ● Crunchy foods (e.g. melba toast, baguettes) ● Dry cereal without milk ● Hard, dry baked goods (ex. granola bars, cookies, toasted gluten free breads) ● Baked goods and cereals containing nuts, seeds, coconut ● Dry crackers
Milk & Alternatives	<ul style="list-style-type: none"> ● All milk products and cheese 	<ul style="list-style-type: none"> ● Yogurt with nuts or granola
Meat & Alternatives	<ul style="list-style-type: none"> ● Eggs, boiled, fried, scrambled, poached ● 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 ● Bacon ● Sandwiches with minced filling and raw vegetables (ex. celery and/or onion)
Soups	<ul style="list-style-type: none"> ● Well-cooked soups made with allowed ingredients 	<ul style="list-style-type: none"> ● Soups made with ingredients not allowed
Oils & Fats	<ul style="list-style-type: none"> ● All ● Strained or smooth gravy 	<ul style="list-style-type: none"> ● Salad dressing or butter made with ingredients not allowed
Desserts & Sweets	<ul style="list-style-type: none"> ● Soft desserts ● Jell-O®, ice cream, popsicles, sherbet ● Soft cakes and cookies (ex. arrowroot biscuits, digestive cookies) ● Puddings and mousse 	<ul style="list-style-type: none"> ● Hard marshmallows ● Caramels and hard candies ● Dry, coarse cakes and cookies
Fluids	<ul style="list-style-type: none"> ● All fluids (if tolerated within liquid consistency) 	<ul style="list-style-type: none"> ● None
Miscellaneous	<ul style="list-style-type: none"> ● Sandwiches with moist salad type fillings (finely chopped onion, celery), cheese ● Bread and Butter pickles ● Cooked pearl onions ● Beet pickles 	<ul style="list-style-type: none"> ● Potato chips ● Popcorn ● Coconut ● Dill pickles ● Bean pickles

References:

Diet Compendium – DC - 202 Texture Modified - Soft
Diet Compendium – DC - 203 Texture Modified - Minced