Minced Consistency Diet
(Comparable to National Dysphagia Diet Level 2)

What is a minced diet?
Foods on a minced diet are any of the foods on the pureed diet plus meats and vegetables that have been cut up or minced into very small pieces. The pieces should only be 1/8 inch in size or smaller. Please see the picture below. All foods should be moist and easy to swallow. You will need to avoid rice, bread, and foods like soups that contain mixes of liquids and solids.

How to Prepare Minced Meat and Vegetable:
All food must be in pieces that are smaller than 1/8 inch. First, cut small pieces of food and then run knife through food repeatedly in one direction. Rotate the pieces of foods 90 degrees and run knife repeatedly through the food again until all pieces are less than 1/8 inch. If you prefer, you may mince using a food processor. Make sure no pieces are larger than 1/8 inch.

Why is the minced diet safer for me?
Your doctor wants you to follow this diet because of dysphagia or another medical condition. Dysphagia means a person has difficulties swallowing. This can happen for a variety of reasons, but often times it is the result of a stroke, injury, or disease. This diet is the next step in moving from pureed food to food that is more solid and like the food you used to eat. Minced foods are moist with very small pieces of meat or veggies that do not need a lot of chewing and are easy to swallow. Refer to the table on the next page to see what foods are and are not safe.
<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Safe Foods</th>
<th>Foods to Avoid</th>
<th>Thin liquids (if allowed)</th>
</tr>
</thead>
</table>
| Milk products | - Yogurt (smooth or fruited)  
- Cottage cheese | Firm cheese |  |
| Meat and Protein | - Ground or minced (1/8 inch or less)  
- Tender cooked meat and poultry moistened with thick sauces or gravy  
- Pureed fish  
- Moist pureed casseroles  
- Tuna or egg salad without crunchy ingredients  
- Poached, scrambled, or soft cooked eggs  
- Soufflés  
- Tofu | Smoked meats, cold cuts, sausage, nuts, wiener, fried, hard cooked, or runny eggs, sandwiches with bread, peanut butter |  |
| Vegetables | - Finely minced or pureed soft well cooked vegetables  
- Mashed potatoes  
- Winter squash | Raw, fried or crisp-cooked vegetables, corn, peas, pickles, asparagus, lettuce, salads, Cole slaw cooked legumes |  |
| Fruits | - Pureed fruits  
- Soft well mashed bananas  
- Applesauce | Canned or cooked whole fruits, raw or dried fruits, fresh or canned pineapple, skins or seeds | Thin fruit juices, watermelon without seeds |
| Breads, Cereals, and Starches | - Cream of wheat, cream of rice, malt-o-meal  
- Oatmeal that has been put in a blender and becomes “pudding-like”  
- Soft pasta or rice in a sauce that has been put in a blender | Breads, fried breads, rolls, buns, muffins; pancakes, French toast, and toast, minced rice or pasta without sauce to hold it together, brown or wild rice, dry cereal, crackers, popcorn, chips, pretzels, French fries | Milk or cream for cooked cereal |
| Soup | - Cream soups that have been put in a blender  
- Broth soups that have been strained or put in the blender  
- Plain broth | Regular soups that have both solids and liquids |  |
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| **Desserts** | • Pudding  
• Custards  
• Rice pudding | gelatin, bread pudding, cakes, pies, cookies, desserts with nuts, seeds, sticky caramels, or dried fruit | Ice cream, ices, sherbet, sorbet, malts, milk shakes, frozen yogurt, eggnog |
| **Beverages** | • All beverages that are a safe liquid thickness for you.  
**Tip:** Beverages may need to be thickened. | Juices with pulp | Milk, juice, coffee, tea, soda, carbonated beverages, alcoholic beverages, ice chips |
| **Other** | • Butter, margarine, oils, vegetable shortening  
• Salad dressings, vinegar, mayonnaise  
• Gravy  
• Sour cream  
• Whipped topping  
• Salt, pepper, herbs, spices, catsup, BBQ sauce, mustard  
• Honey, smooth jellies, molasses  
• Sugar or artificial sweetener  
• Syrup | Seeds, nuts, coconut, sticky foods, hard or chewy candies | Nutritional supplements |

**Teach Back**
What is the most important thing you learned from this handout?  
What changes will you make in your diet/lifestyle, based on what you learned today?  

If you have more questions please contact UW Health at one of the phone number listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: **(608) 890-5500.**

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770.**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#457