

Minced Moist foods

A Minced Moist Food Consistency Diet includes a range of foods that can be eaten with a fork and require some coordinated tongue movement before swallowing but **no chewing** is necessary.

Characteristics of soft food:

- Lumps are soft and rounded (no hard or sharp lumps)
- Individual can use their tongue to break small lumps rather than teeth
- Food is soft and moist and should easily form into a ball
- Food can be easily mashed with a fork
- May be presented as a thick puree with obvious lumps in it.

Minced Moist food texture is achieved by:

- Long slow cooking
- Mashing/mincing
- Very fine chopping
- Rough blending
- Additional sauces to thicken and bind.



Breads, cereals, rice, pasta, noodles

Appropriate

- Breakfast cereal with small moist lumps, eg porridge or wheat flake biscuits soaked in milk
- Gelled bread
- Small, moist pieces of soft pasta, eg moist macaroni cheese (some pasta dishes may require blending or mashing).

Inappropriate

- All breads, sandwiches, pastries, crackers and dry biscuits
- Gelled breads that are not soaked through the entire food portion
- Rice that does not hold together, eg parboiled, long-grain, basmati
- Crispy or dry pasta, eg edges of a pasta bake or lasagne.



Vegetables, legumes	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Tender cooked vegetables that are easily mashed with a fork • Well cooked legumes (partially mashed or blended). 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Vegetable pieces larger than 0.5cm or too hard to be mashed with a fork • Fibrous vegetables that require chewing, eg peas.
Fruit	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Mashed soft fresh fruits, eg banana, mango • Finely diced soft pieces of canned or stewed fruit • Pureed fruit • Fruit juice(a). 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Fruit pieces larger than 0.5 cm • Fruit that is too hard to be mashed with a fork.
Milk, yoghurt, cheese	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Milk, milkshakes, smoothies(a) • Yoghurt(a) (may have small soft fruit pieces) • Very soft cheeses with small lumps, eg cottage cheese. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Soft cheese that is sticky or chewy, eg Camembert.
Meat, fish, poultry, eggs, nuts, legumes	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Coarsely minced, tender, meats with a sauce • Casseroles dishes may be blended to reduce the particle size • Coarsely blended or mashed fish with a sauce • Very soft and moist egg dishes, eg scrambled eggs, soft quiches • Well cooked legumes (partially mashed or blended) • Soft tofu, eg small soft pieces or crumbled. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Casserole or mince dishes with hard or fibrous particles, eg peas, onion • Dry, tough, chewy, or crispy egg dishes or those that cannot be easily mashed.



Desserts	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Smooth puddings, dairy desserts,(a) custards,(a) yoghurt(a) and ice-cream(a) (may have small pieces of soft fruit) • Soft moist sponge cake desserts with lots of custard, cream or ice-cream, eg trifle, tiramisu • Soft fruit-based desserts <i>without</i> hard bases, crumbly or flaky pastry or coconut, eg apple crumble with custard • Creamed rice. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Desserts with large, hard or fibrous fruit particles (eg sultanas), seeds or coconut • Pastry and hard crumble • Bread-based puddings.
Miscellaneous	
<p style="text-align: center;">Appropriate</p> <ul style="list-style-type: none"> • Soup(a) (may contain small soft lumps, eg pasta) • Plain biscuits dunked in hot tea or coffee and completely saturated • Salsas, sauces and dips with small soft lumps • Very soft, smooth, chocolate • Jams and condiments without seeds or dried fruit. 	<p style="text-align: center;">Inappropriate</p> <ul style="list-style-type: none"> • Soups with large pieces of meats or vegetables, corn, or rice • Lollies including fruit jellies and marshmallows.

(a) These foods require case-by-case consideration.

(b) These foods may need modification for individuals requiring thickened fluids.

Dietitians Association of Australia and The Speech Pathology Association of Australia Limited. (2007). *Texture-modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions*. Nutrition & Dietetics. 64 (Suppl 2), pp. 68-69.

