

MINCED AND MOIST DIET

Food should be able to be easily minced or mashed with a fork. It may be presented as a thick puree with obvious lumps in it. Food should be moist and should easily form into a ball in the mouth.

✓ Foods recommended	✗ Foods to be avoided
Breads Cereals Rice Pasta Noodles	
<ul style="list-style-type: none"> • Breakfast cereal with small moist lumps e.g. porridge or wheat biscuits soaked in milk (unless on thickened fluids) • Small, moist pieces of soft pasta e.g. moist macaroni cheese (some pasta dishes may require blending or mashing) • Noodles e.g. udon, egg, 2 minute noodles (may require blending or mashing) 	<ul style="list-style-type: none"> • All breads, sandwiches, pastries, crackers and dry biscuits • Rice that does not hold together e.g. parboiled, long-grain, basmati • Crispy or dry pasta e.g. edges of a pasta bake or lasagne
Vegetables	
<ul style="list-style-type: none"> • Tender cooked vegetables that are easily mashed with a fork e.g. potato, kumara, pumpkin, taro. (Pieces should be less than 0.5cm) • Pureed vegetables e.g. peas, corn 	<ul style="list-style-type: none"> • Raw vegetables e.g. salads • Large vegetable pieces or vegetables too hard or stringy to be mashed with a fork. (Pieces greater than 0.5 cm) • Vegetable skins e.g. jacket potato • Vegetables that have outer shells or require extensive chewing, e.g. peas, corn
Fruit	
<ul style="list-style-type: none"> • Mashed soft fresh fruits e.g. banana, mango, kiwifruit • Finely sliced or diced soft pieces of canned or cooked fruit e.g. pears, peaches. (Pieces should be less than 0.5cm) • Pureed fruit 	<ul style="list-style-type: none"> • Large pieces of fruit or fruit that is too hard to be mashed with a fork. (Pieces greater than 0.5 cm) • Dried fruit • Stringy fruit e.g. pineapple
Dairy	
<ul style="list-style-type: none"> • Yoghurt (may have small soft fruit pieces) • Very soft cheeses with small lumps, e.g. cottage or cream cheese, cheese spread 	<ul style="list-style-type: none"> • Yoghurt with pips or hard pieces of fruit • If eating soft cheeses e.g. camembert or brie, avoid the rind • Hard cheeses

✓ Foods recommended	✗ Foods to be avoided
Meat, fish, poultry, eggs, nuts, legumes	
<ul style="list-style-type: none"> • Minced, tender, meats with a sauce or gravy. Sauces should be the same consistency as recommended fluids. • Casseroles or boil up dishes may be blended to reduce the size of larger food pieces • Blended or flaked/minced fish with a sauce • Very soft and moist egg dishes, e.g. scrambled eggs, soft quiches • Well cooked legumes e.g. beans, lentils (partially mashed or blended) • Small pieces of soft tofu 	<ul style="list-style-type: none"> • Casserole or mince dishes with hard or chewy pieces, e.g. peas, onion • The crust or pastry of quiches and pies • Meat with gristle • Nuts
Desserts	
<ul style="list-style-type: none"> • Smooth puddings e.g. mousse, custard, instant puddings • Dairy desserts e.g. custards, yoghurt and ice cream (unless on thickened fluids) • Soft moist sponge cake desserts with lots of custard, cream or ice-cream, e.g. trifle, tiramisu • Soft fruit-based desserts • Rice pudding or canned creamed rice 	<ul style="list-style-type: none"> • Desserts with large or hard fruit pieces e.g. sultanas, seeds or coconut • Crumbly or flaky pastry • Hard crumble or bases e.g. apple crumble • Bread-based puddings
Extras	
<ul style="list-style-type: none"> • Soup, may contain small soft lumps, e.g. pasta/noodles • Salsa, sauces and dips with small soft lumps e.g. hummus, guacamole • Very soft, smooth, chocolate e.g. able to melt in the mouth • Jams and condiments without seeds or dried fruit 	<ul style="list-style-type: none"> • Soups with large pieces of meat or vegetables, corn, or rice • Avoid thin watery soups/broths if on thickened fluids • Lollies including fruit jellies, hard sweets, toffee and marshmallow • Any fast food that can not be mashed with a fork e.g. pizza, sushi, stir-fry