

Disclaimer: This material is provided to offer information regarding dysphagia. Material is for general information purposes only and it is recommended that advice of a professional Speech Pathologist be sought regarding specific cases. This material was last updated in October 2008.



Dysphagia

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DYSPHAGIA

Supermarket Food Options Minced Diet



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KEY:

1. Soaked in milk until soft
2. Must be cooked well so that food is soft
3. Avoid these foods if told by your Speech Pathologist that you cannot have dry or crumbly foods
4. Avoid these foods if you are also on thickened fluids
5. May need to be softened, for example soaked in milk

Appliances that can be used to modify the consistency of food

Appliance	Soft diet	Minced diet	Pureed diet	Comments
<i>Blender</i>	√	√	√	Blending time will vary depending on the food and the consistency required
<i>Food processor</i>	√	√	√	Blending time will vary depending on the food and the consistency required
<i>Food steamer</i>	√	√		Steaming time will vary depending on the food and the consistency required
<i>Food slicer</i>	√	√		Use for either diet will vary depending on size of slicer
<i>Grater</i>	√	√		-
<i>Mortar and pestle</i>	√	√		-

Dessert

<i>Supermarket</i>	<ul style="list-style-type: none"> • Creamed rice • Packet puddings, for example chocolate or lemon • Sweet biscuits, for example scotch finger or teddy bear biscuits (5) • Muffins and cake (without hard lumps of, for example, fruit) (3)
<i>Mediterranean</i>	<ul style="list-style-type: none"> • Tiramisu
<i>Asian</i>	<ul style="list-style-type: none"> • Grass jelly (4) • Sesame/ Peanut/ Yam paste

Snacks

<i>Supermarket</i>	<ul style="list-style-type: none"> • Dips (no lumps) • Cheese singles
<i>Mediterranean</i>	<ul style="list-style-type: none"> • Halva (slice thinly) (3) • Feta cheese (3)
<i>Asian</i>	<ul style="list-style-type: none"> • Assorted biscuits (1)

Minced diet

- Foods should be broken up with a fork or with a mincer/processor
- Can have small, smooth lumps
- Can also have options from the Pureed section

Breakfast

<i>Supermarket</i>	<ul style="list-style-type: none"> • Porridge • Diced tinned fruit (4) • Boiled or scrambled eggs, that have been broken up with a fork • Yoghurt (without lumps) • Breakfast cereals (without fruit pieces or nuts), for example Weet-bix, Vita Brits, Oatbribs. Some cereals may need to be broken up with a fork, for example Nutri-grain (1)
<i>Mediterranean</i>	<ul style="list-style-type: none"> • Greek yoghurt (with honey)
<i>Asian</i>	<ul style="list-style-type: none"> • Rice porridge • Soy bean curd (4)

Meals

<i>Supermarket</i>	<ul style="list-style-type: none"> • Minced meat • Lentils (cooked until soft) • Pre-made shepherd's pie, for example McCain's • Potato gems • Tinned spaghetti or baked beans • Pre-made quiches • Pasta, such as penne or macaroni (2) • Noodles that are small in size, such as risoni (2) • Risotto(2) • Polenta • Smooth tinned soups, for example Velish pumpkin or tomato
<i>Mediterranean</i>	<ul style="list-style-type: none"> • Soup pasta, such as tubetti, astraki (4) • Trahanas (add halloumi cheese to increase creaminess) (4) • Tinned beans (mashed) • Dolma (vine leaves stuffed with rice)
<i>Asian</i>	<ul style="list-style-type: none"> • Rice porridge • Mashed vegetables (e.g. winter melon, radish) • Soft tofu (silken/ egg) • Fermented firm tofu/ bean curd • Crab meat sticks (2) • Century egg • Unagi fish • Pork/ fish floss (3) • Furikake (Japanese rice seasoning) (3)