

Department of
Nutrition & Dietetics

Minced & Moist Diet



Texture Modified Diet




You may require a texture modified diet if you have difficulty swallowing and/or chewing for various reasons, including medical conditions (e.g. stroke, Parkinson's Disease) and post-radiotherapy.

Not following the right texture modified diet may cause foods and/or fluids to enter the airway and into the lungs, resulting in a lung infection. Modifying the texture of food will make swallowing easier and safer.





Examples of Minced & Moist Diet

Types of Texture Modified Diet

	Easy to Chew Diet	Soft & Bite-Sized Diet	Minced & Moist Diet
Food size and texture	<p>Normal, everyday foods of soft, tender texture.</p> <p>You should be able to bite food into pieces Food piece size is not restricted.</p>	<p>Food is smaller in size (~1.5cm), soft, tender and moist. It can be easily broken apart by a fork or spoon.</p>	<p>Food is soft, moist and finely minced to ~4mm in size. Liquid should not be separated from food. It can be scooped and shaped on a plate. When scooped with a fork, food pieces should not fall through the prongs.</p>
Preparation	<p>Food is cooked until soft.</p>	<p>Food is first chopped then cooked till soft.</p>	<p>Food is minced preferably with a food processor or blender prior cooking. Softer food can be mashed with a fork.</p>
Chewing	<p>Chewing required</p>	<p>Chewing required</p>	<p>Minimal chewing required</p>
Example			

Types of Texture Modified Diet

	Pureed Diet	Liquidised Diet
Food size and texture	Food is smooth, lump free and not sticky. It should fall off a spoon in a lump and hold its shape on a plate.	Food consistency is smooth with no bits, equivalent to moderately thick fluids. Cannot be eaten with a fork because it drips slowly through the prongs, can be taken with a spoon.
Preparation	A food processor or blender is needed to blend the food after cooking.	A food processor or blender is needed to blend the food after cooking.
Chewing	No chewing required	No chewing required
Example		

Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
Rice and alternatives	<ul style="list-style-type: none"> • Thick porridge* (e.g. Cantonese porridge) • Mashed potato • Cooked oats* • Finely crushed biscuits soaked in hot milk* • Moistened and mashed chiffon cake 	<ul style="list-style-type: none"> • Rice • Watery porridge (e.g. Teochew porridge) • Bread • Pastries • Dry cereals • Dry biscuits • Chapati
Meat and alternatives	<ul style="list-style-type: none"> • Well-cooked meat/fish without skin, bone or tendon, minced into small pieces • Minced and moist egg dishes (e.g. steamed egg minced into small pieces) • Crumbled or small pieces of tofu • Well-cooked and minced legumes with soft outer skin (e.g. baked beans, dhal) 	<ul style="list-style-type: none"> • Hard, dry, chewy or crispy meat • Fried egg • Tau kwa, tau pok

*may require thickening as advised by your speech therapist

Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
Vegetables	<ul style="list-style-type: none"> • Soft, well cooked vegetables without skin, seeds or stalks (e.g. pumpkin, carrot, broccoli, cauliflower, leaves of green leafy vegetables, gourds), minced into small pieces 	<ul style="list-style-type: none"> • Stems or stalks of vegetables • Raw vegetables • Fibrous vegetables (e.g. chye sim, kai lan, peas) • Stringy vegetables (e.g. kang kong, asparagus) • Chewy or stringy mushrooms
Fruits	<ul style="list-style-type: none"> • Soft fruits without skin or seeds (e.g. papaya, banana, mango, nectarine, peach, plum, stewed apple), mashed • Fruit puree • Fruit juice* 	<ul style="list-style-type: none"> • Hard, crunchy fruits (e.g. apple, guava) • Diced or cubed fruits • Fruits with skin (e.g. grapes) • Fruits with seeds (e.g. kiwi) • Fibrous fruits (e.g. pineapple) • Dried fruits (e.g. raisin, coconut flakes)

*may require thickening as advised by your speech therapist

Suitable and Unsuitable Foods

Food Group	Allowed	Not Allowed
Dairy products and desserts	<ul style="list-style-type: none"> • Milk/soymilk* • Plain yoghurt* • Soft cheeses crumbled into small pieces (e.g. cottage cheese) • Chinese paste dessert (e.g. black sesame paste) • Mousse • Ice cream without nuts/fruits* • Custard* 	<ul style="list-style-type: none"> • Soft cheeses that are sticky or chewy • Hard cheese (e.g. cheddar, hardened cheese)

*may require thickening as advised by your speech therapist



Milk/Soy milk



Plain Yoghurt



Cottage Cheese



Plain Ice-cream



Black Sesame Paste

Other Foods to Avoid

	Examples
Stringy, fibrous foods	Pineapple, string beans, kang kong, celery, enoki mushroom
Skins of vegetables and fruits	Peas, grapes
Crunchy or crumbly foods	Toasted bread, flaky pastry, pie crust, dry biscuits, potato chips
Chewy foods	Soon kueh, Malay kueh, glutinous rice dumplings, gummy sweets
Hard foods	You tiao (fried dough fritters), nuts, melon seeds, coconut flesh, bak kwa (Chinese barbequed meat)
Slippery foods	Agar agar, jelly, bean curd
Sticky foods	Toffee, gum
Foods that contain liquids	Watermelon, orange, ondeh ondeh, dumplings

Clinics B2

TTSH Medical Centre, Level B2

Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have
any feedback regarding what you have
just read at
patienteducation@ttsh.com.sg



© Tan Tock Seng Hospital, Singapore 2023. All rights reserved. All information correct as of March 2023. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.