

Dysphagia Ground/Minced Diet

Dysphagia is a swallowing impairment resulting from a disease or condition. It is characterized by the disruption of standard behavior, sensory and motor skills in swallowing. Dysphagic diets may be used in diseases and conditions such as Multiple Sclerosis, Muscular Dystrophy and Cerebral Palsy. Ground/minced diets consist of easily chewed foods.

Dietary Recommendations

- No coarse textures such as nuts and raw fruits or vegetables.
- Pureed/slurried bread may be necessary.
- Liquids are thickened to recommended consistency using a commercial thickening agent.

Breads/cereals:	All smooth cooked cereals (cream of wheat, cream of rice, oatmeal), pancakes with syrup, slurried bread, soft bite sized pasta or rice.
Eggs:	Soft scrambled, soft poached
Milk Products:	Milk, yogurt with soft fruit, pudding, smooth custard, cottage cheese (creamy, small curd), soft cheese or grated cheese
Fruits:	Mashed, minced fruits without seeds or skins, applesauce, ripe, mashed bananas, thickened juices or nectars
Vegetables:	Mashed, minced, or soft vegetables without seeds or skins, moist mashed potatoes, mashed winter squash, vegetable juices
Fats:	Gravy, sauces, margarine, butter, and seasonings as tolerated
Meats/meat subs:	Ground meats or soft casseroles with gravy or broth to moisten, macaroni and cheese if tolerated
Soups:	Soups with allowed ingredients
Desserts:	Smooth custard and pudding, soft and moist desserts/baked goods, shakes, ice cream, sherbet, gelatin if allowed by swallowing therapist. Avoid hard candies, nuts, seeds, and dried fruit.
Beverages:	All, thickened as needed with a commercial thickening agent
Sugars and sweets:	Honey, sugar, syrup, fruit jellies, etc

