

# Dysphagia Minced and Moist (Level 5)

## Mechanical Soft Diet

Foods are of a slightly increased texture that require little chewing, and are moist and soft. All foods must be minced to 1/8-inch size (for adults) or able to fit between the prongs of a fork.

### Liquid Consistency

Thickened liquids should be smooth (without lumps, chunks or pulp) and be thickened to the following (checked) consistency. Naturally thicker liquids (tomato juice, eggnog, ready-to-drink nutrition beverages) may need to be thickened to reach the desired consistency.

**Thin (level 0):** Flows like water.

Examples include:

- milk
- juice

- coffee, tea
- soda, carbonated beverages
- ready-to-drink nutrition beverages.

**Mildly thick (level 2):** Pours quickly from a spoon but slower than thin liquids (consistency of apricot nectar).

**Moderately thick (level 3):** Pours from a spoon when tilted and does not stick to the spoon (thicker than mildly thick).

**Extremely thick (level 4):** Falls off spoon in a single spoonful when tilted and holds shape on a plate. Cannot be drank.

No solids that can melt in your mouth and become a thin liquid are allowed on a thickened liquids above level 0 diet (ice cream, sherbet, plain gelatin).

Foods to Eat and Avoid	
Foods Allowed	Foods Not Allowed
<p><b>Cereals</b> cooked cereals that have little texture and no lumps (such as raisins)</p> <p><b>Milk poured over cereal needs to be thickened to match the consistency of cooked cereal.</b></p>	<p><b>Cereals</b> coarse, cooked cereals; whole-grain dry or coarse cereals; cereals with nuts, seeds, coconut or dried fruit; all dry cereals</p>
<p><b>Fruits</b> soft, minced fruits no larger than 1/8 inch in size (canned or cooked only) without seeds or skin and without syrup or sauce; ripe, minced bananas; fruit juices of the consistency checked above</p>	<p><b>Fruits</b> fresh or frozen fruits, cooked fruit with skin or seeds, dried fruits, all pineapple, watermelon</p>
<p><b>Vegetables</b> all soft, well-cooked vegetables (except those on the list to avoid) minced to no larger than 1/8 inch in size</p>	<p><b>Vegetables</b> all vegetables that have not been cooked, tomato sauce with seeds, corn, peas, broccoli, cabbage, Brussels sprouts, stir-fried or fried vegetables</p>

(over)

## Foods to Eat and Avoid

Foods Allowed	Foods Not Allowed
<p><b>Meats and Meat Substitutes</b>                      prepared moistened tender fresh or frozen meat mashed into pieces no larger than 1/8 inch in size, moist casseroles mashed into pieces no larger than 1/8 inch in size, protein salads (tuna or egg without celery or onion) mashed into pieces no larger than 1/8 inch in size, cottage cheese mashed into pieces no larger than 1/8 inch in size, beans or legumes mashed into pieces no larger than 1/8 inch in size</p>	<p><b>Meats and Meat Substitutes</b>                      dry or tough meats; fish with skin on or with bones; bacon; sausage; hot dogs; bratwurst; dry casseroles or casseroles with rice or large chunks; cheese; peanut butter; hard-cooked or fried eggs; sandwiches; pizza; all other meat and meat substitutes</p>
<p><b>Potatoes and Starches</b>                      potatoes that are well-cooked, moist and no larger than 1/8 inch in size; liquids must not separate from the solids</p>	<p><b>Potatoes and Starches</b>                      potato skins and chips; potatoes that are fried or cut up, sprinkled with oil and baked; french fries, fried potatoes, rice; all other potatoes and starches</p>
<p><b>Soups</b>                      soups that have been pureed in a blender or strained</p> <p><b>Soups need to be the consistency checked on the front side of this fact sheet.</b></p>	<p><b>Soups</b>                      soups that have chunks of meat and vegetables</p>
<p><b>Desserts</b>                      puddings (no lumps or bumps), custards, custard-style yogurt, smooth yogurt (without fruit, nuts or other non-pureed additions)</p> <p><b>Pudding, custard, ice cream, malts, milkshakes, sherbet and gelatin are only allowed if you can safely drink thin liquids.</b></p>	<p><b>Desserts</b>                      coarse cakes and cookies that are dense or dry; any food that has nuts, seeds, coconut, pineapple, dry fruit or chocolate chunks; yogurt with nuts, seeds or fruit chunks; rice or bread pudding; all other desserts</p>
<p><b>Fats</b>                      butter, margarine, salad dressings, cream cheese, gravy, sour cream, mayonnaise, whipped topping</p>	<p><b>Fats</b>                      all fats that are coarse or have chunks, lumps or texture</p>
<p><b>Other</b>                      sugar and artificial sweeteners; salt; finely ground pepper, smooth condiments the same consistency of the food item with which they are served (ketchup, mustard, barbeque sauce, honey, jelly)</p>	<p><b>Other</b>                      coconut; nuts; seeds; sticky, chewy foods and candies such as caramels</p>
<p><b>Breads</b>                      soft, moist minced pancakes remoistened with syrup or sauce that does not separate from the food; moist, minced french toast without crust, pre-gelled (soaked) breads that are moist and gelled through the entire thickness of the bread</p>	<p><b>Breads</b>                      all other breads</p>



## Pre-gelled Bread

Makes 2 servings

### Ingredients

1 tablespoon + 2 teaspoons vegetable broth  
1 tablespoon gelatin powder  
2 slices bread (any kind)  
nonstick cooking spray

### Directions

1. In a shallow pan, combine broth and gelatin. Stir.
2. Add bread to pan in a single layer. Allow to soak in gelatin mixture for 2 minutes. Use a spatula to flip bread and allow to soak for 1 more minute. Make sure bread is completely soaked in the gelatin mixture.
3. Spray another pan with nonstick cooking spray. Use a spatula to transfer soaked bread to prepared pan. Place in the refrigerator for 2 hours or until gelatin has set.
4. Remove from refrigerator and allow to sit at room temperature for 1 hour.
5. Enjoy!

