

## Texture B (Minced & Moist) Diet

This food texture includes foods which are very soft and moist and require only minimal chewing. The foods should be easily mashed up by a fork and may contain soft and round lumps (but no hard or sharp lumps). Foods in this texture should be broken into pieces no bigger than 0.5cm x 0.5cm. It is important that texture modified diets are well balanced. Choose a variety of foods for your meals. This will ensure that your body is getting all the nutrients it needs.



	RECOMMENDED FOODS	FOODS TO AVOID
<b>Meat</b> <b>Chicken</b> <b>Fish</b>	<ul style="list-style-type: none"> <li>• Mince dishes with gravy (e.g. spaghetti bolognaise)</li> <li>• Casseroles and stews (finely chopped with sauce/gravy)</li> <li>• Flaked fish, canned salmon or tuna (no bones)</li> </ul>	<ul style="list-style-type: none"> <li>• Tough, gristly, or dry meats</li> <li>• Casseroles containing hard or fibrous particles</li> <li>• Dry fish or fish with bones</li> </ul>

## Texture B (Minced & Moist) Diet

<b>Protein Alternatives</b>	<ul style="list-style-type: none"> <li>• Soufflés or quiches with small soft chunks only</li> <li>• Soft &amp; moist eggs – scrambled, poached, boiled and omelettes (all chopped &amp; may be served with sauces.</li> <li>• Cooked and mashed legumes – strained to remove skins/shells.</li> <li>• Soft tofu (eg crumbed)</li> <li>• Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Dishes with large chunks</li> <li>• Fried eggs, or eggs that are dry, tough or chewy</li> <li>• Dishes with nuts</li> <li>• Hard or fibrous legumes, undercooked legumes</li> <li>• Large pieces of tofu</li> </ul>
<b>Fruit and Vegetables</b>	<ul style="list-style-type: none"> <li>• Stewed or canned fruit, cut up or mashed with no seeds</li> <li>• Cut up or mashed soft fresh fruit (e.g. banana, mango, etc.)</li> <li>• Avocado</li> <li>• Canned asparagus (tips only)</li> <li>• Mashed vegetables</li> <li>• Soft, well-cooked vegetables that can be mashed with a fork</li> <li>• Fruit or vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>• Hard fresh fruit (e.g. apple)</li> <li>• Stewed or fresh fruit with skin, pips or seeds</li> <li>• Fruit that is hard to mash with a fork</li> <li>• Fibrous fruits</li> <li>• Salads</li> <li>• Raw vegetables</li> <li>• Hard or fibrous vegetables</li> <li>• Coconut</li> </ul>
<b>Soup</b>	<ul style="list-style-type: none"> <li>• Homemade or canned soups with soft pieces no bigger than 0.5cm x 0.5cm.</li> </ul>	<ul style="list-style-type: none"> <li>• Soups that have large chunks or fibrous particles (e.g. corn, rice)</li> </ul>

## Texture B (Minced & Moist) Diet

<b>Breads and Cereals</b>	<ul style="list-style-type: none"> <li>• Cooked cereal with small soft lumps (e.g. rolled oats)</li> <li>• Weetbix softened with milk</li> <li>• Well moistened corn flakes, rice bubbles or wheat flakes</li> <li>• Barley, Sago or tapioca</li> <li>• Arrowroot, flour and cornflour are suitable</li> <li>• Gelled bread</li> <li>• Well cooked pasta or noodles with sauce (might need to be chopped)</li> <li>• Soft rice that holds together.</li> </ul>	<ul style="list-style-type: none"> <li>• Course or dry cereals</li> <li>• Cereals with nuts or seeds</li> <li>• Bread, sandwiches and crackers</li> <li>• Bread rolls, muffins</li> <li>• Pies and pastries</li> <li>• Dry and hard biscuits (may be appropriate if dunked in hot tea to soften &amp; moisten)</li> <li>• Crispy and dry pasta</li> <li>• Rice that does not hold together.</li> </ul>
<b>Dairy Foods</b>	<ul style="list-style-type: none"> <li>• Milk or milkshakes</li> <li>• Fruit smoothies</li> <li>• Ice cream</li> <li>• Boiled or baked custard</li> <li>• Cheese sauce or spreads</li> <li>• Cheesecake (minus the crust)</li> <li>• Smooth puddings and dairy desserts</li> <li>• Yoghurt</li> <li>• Mousse</li> <li>• Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Very hard or dry cheese; cheese containing fruit or nuts.</li> <li>• Sliced or cubed cheese</li> <li>• Sticky and chewy cheese (e.g. camembert)</li> <li>• Ice-cream or yoghurt with nuts, seeds, hard pieces</li> <li>• Bread based puddings.</li> </ul>

*Adapted from the Australian standardised definitions and terminology for texture-modified foods and fluids, Nutrition & Dietetics 2007; 64 (Suppl. 2)*

## Texture B (Minced & Moist) Diet

---

### Meal Ideas:

- Savoury mince
- Bolognaise sauce and macaroni
- Macaroni cheese
- Chicken mince in a satay sauce with rice
- Tinned tuna and mashed avocado
- Scrambled eggs
- Omelette
- Meatballs and rice in tomato sauces (mashed with a fork)
- Pasta bake (no hard cheese on top)
- Fork flaked fish with cheese sauce + Mashed vegetables

### Snack Ideas:

- Rice pudding or “Le Rice”
- Soft or mashed fruit
- Yoghurt
- Milkshakes or fruit smoothies
- Ice-cream (only if on thin fluids)
- Custard
- Soup
- Mousse
- Boiled egg mashed with mayo, dip or avocado
- Smooth peanut butter with mashed banana
- Hot Milo made on milk with a scotch finger biscuit dunked to soften