



Minced and Moist Diet

Why do I need a Minced and Moist diet?

People who have trouble chewing or have difficulty swallowing (dysphagia) may need a minced and moist diet. This diet helps you swallow safely and maintain your nutrition and health.

Having a difficulty swallowing or chewing can put a person at risk for malnutrition by avoiding certain foods, especially meat. A balanced diet with sufficient energy and protein is the only way to ensure you get enough nutrition. A modified textured diet such as the minced and moist diet can you to eat adequate nutrition. A Registered Dietitian can help you to create a meal plan based on your individual needs.

What is a minced and moist diet?

Foods that are usually a bit tough, like meat, are minced, ground or finely chopped. Food that readily flake such as fish, or foods that are soft and easily mashed with a fork such as soft cooked vegetables, do not require being chopped or mashed. Because these foods require less chewing, they do need to be moist.

How can I prepare minced and moist foods?

Minced food is prepared by chopping manually, or by use of a food processor. Mince foods once they are cooked and slightly cooled. You will need to add liquids to most foods such as broth, gravy or sauce.

Can I buy minced and moist foods?

Yes, you can buy minced and moist foods from meal delivery services that specialize in modified diet textures, who can create meal plans for you based on your needs and preferences. Therapeutic Meals is one such company. You can contact them online at www.therapeuticmeals.com, or call them at 250 415 5444 (Victoria, British Columbia).