

Living With **Your Body**

THE UNIVERSITY HOSPITALS AND CLINICS



MECHANICALLY ALTERED DIET

Purpose of the diet: to provide foods that need minimal chewing and are easy to swallow.

Description of the diet: the foods on this diet are usually blended, chopped, or ground. Sauces or gravies are added to help with swallowing.

Guidelines:

- Avoid raw or dried fruits, raw vegetables, nuts, coconut, corn on the cob, potato chips, tough or fried meats, foods with hard seeds, and hard rolls or breads.
- Moisten ground or chopped meats with sauces or gravies.
- Use honey or syrup to soften pancake, waffles, or other bread products.

Food List:

- **Fruits:** canned or cooked chopped fruit without seeds and skin, ripe banana, crushed pineapple, and all juices.
- **Vegetables:** well-cooked soft vegetables without the skin – mash or chop, if needed and all juices.
- **Breads and cereals:** soft breads, pancakes, muffins, waffles, cooked cereals, refined dry cereals and crackers softened in soups.
- **Pasta and rice:** add butter, cheese, gravy or sauces.
- **Starchy vegetables:** mashed or creamed white or sweet potatoes, well-cooked dried beans and peas and cream-style corn.

- **Meat and meat substitute:** ground meat or poultry, soft baked fish without the bones, scrambled eggs and soft cheeses.
- **Other:** soups that do not contain tough meat or partially cooked vegetables, smooth peanut butter, seasonings, cooking fats and oils, margarine, mayonnaise, ketchup, mustard, cream, sherbet, gelatin, pudding, and soft cakes, cookies and candy.

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