

## Easy-to-Chew Mechanically Altered Foods

Food Groups	Recommended Foods	Foods Not Recommended
Beverages, fluids	Milk, milkshakes, coffee, tea, water	Beverages with raw eggs
Breads	Soft breads, pancakes, muffins, waffles, stuffing; breads and plain crackers (softened in soup or beverage)	Crisp or crunchy crackers, chips, taco shells; any with nuts, seeds, raisins or dates; chewy breads such as French, pita, or sourdough
Cereals	Cooked cereals without added fruit or nuts; plain ready-to-eat cereals softened in milk	Cereals with nuts, seeds, raisins, other dried fruits; cereals that stay crunchy after milk is added
Fats	Margarine, vegetable oils, smooth sauces and gravies, whipped toppings, salad dressings, mayonnaise	Olives, nuts, seeds, bacon
Fruits	Cooked or mashed ripe fruits without seeds or skins, applesauce, mashed bananas, cantaloupe, stewed prunes, fruit cocktail, canned peaches or pears, watermelon with seeds removed, fruit juices	Whole citrus fruits, blueberries, cherries, grapes, pineapple, apples, raisins and other dried fruits
Vegetables	Well-cooked soft vegetables without skin or seeds, mashed carrots, beets, finely chopped and cooked greens, mashed squash, vegetable juices	All others
Potato, rice, pasta	Mashed, baked, or creamed potatoes, sweet potatoes, rice or noodles, soft pastas	Fried potatoes, French fries, hash browns, potato skins

Food Groups	Recommended Foods	Foods Not Recommended
Meat and meat substitutes	Soft, cooked meat and poultry with gravy or sauces added to moisten, soft, flaked fish without bones, casseroles with ground meat, meatloaf, legumes that are mashed, tofu, smooth peanut butter, soft cheeses, cottage cheese, cheese sauces, scrambled eggs, egg substitutes	Dry or tough cuts of meat or poultry, fried fish, fish with bones, hot dogs, sausage, pork chops, steak, crunch peanut butter, hard cheeses
Soups	Broth, bouillon, consommé, blended strain soups, any soups made from allowed food items, cream soups	Soups with chunks or meat and crunch vegetables
Sweets	Clear jelly, honey, sugar, sugar substitutes, syrup	Sweets with coconut, nuts, whole fruits, dried fruits; granola bars, pies, chewy or hard cookies or candies such as caramel, licorice, taffy
Desserts	Plain custards, puddings, sherbet, ice cream, fruit-flavored ices and frozen pops, fruit whips, yogurt, gelatin, cakes and soft cookies without nuts and fruits	Any with nuts, seeds, whole fruits, dried fruits, coconut; fried, tough, or chewy desserts
Miscellaneous	Salt, pepper, ground seasonings, smooth condiments	Nuts, coconuts, seeds

Adapted from: American Dietetic Association, 2000, Manual of Clinical Dietetics, Sixth Edition, Chicago, IL (pgs. 664-665) and Johnson, M.A and Fischer, J.G. 2004, Eating and Appetite: Common Problems & Practical Remedies, Generations, 28(3): 11-17.