Minced-moist texture includes foods that are soft, moist and easily formed into a ball. Foods must not contain any hard or sharp lumps and should be easily mashed or broken into pieces no bigger than 0.5 cm (1/4 inch).

Puree texture includes foods that are smooth and lump-free but they may have a grainy quality. They should be moist and cohesive enough to hold their shape on a spoon. A blender, vitamiser or food processor will be required to produce foods of this texture.

Your Speech Pathologist will advise you of the most appropriate texture for you. They may also advise you to have thickened fluids. If so, it is important to thicken all fluids (e.g. water, milk, juice, tea) as per your Speech Pathologists recommendations.

It is important that texture modified diets are well balanced, therefore, choose a wide variety of foods for your meals. This will ensure that your body is getting all the nutrients it needs.

High protein and high energy diet
You may also need to fortify your meals to ensure you are getting adequate nutrition. Your Dietitian will advise you if you need to follow a high protein high energy diet.

This may be useful when:

- you are underweight
- you are losing weight without trying
- you are unable to eat enough due to poor appetite or nausea
- you have increased energy and protein requirements

This education resource will provide you with some tips and recipes for preparing high energy and high protein meals and desserts that are suitable for minced-moist and/or puree diets:

- enriched milk (pg 2)
- breakfast recipes (pg 3)
- main meals (pg 4-5)
- light meals, snacks (pg 6-7)
- desserts (pg 8)
- suggested meal plan (pg 9)
- further information and cookbooks (pg 10)
High protein foods include:
- Meat, fish and chicken
- Eggs
- Dairy products
- Beans, legumes, nuts e.g. peanut butter
- Meat alternatives e.g. tofu, vegetarian sausages
- Protein supplements e.g. Sustagen, Ensure

High energy foods include:
- Full cream dairy products
- Margarine, butter, mayonnaise, oil
- Soft drinks, cordial, chocolates, sweets
- Nutritional supplements e.g. Resource Plus, Ensure Plus, Resource 2.0 (these are also high in protein)

Eating to increase or maintain your weight
- Eat more often if you can’t eat a lot. Aim for 6 smaller meals rather than 3 big meals a day, which may be too filling.
- Keep your favourite foods in the cupboard or fridge.
- Keep ready-to-eat meals and snacks handy for times when you don’t feel like preparing food e.g. tinned soup, frozen meals, yoghurt or dairy desserts.
- Drink fluids that provide energy such as milk, juice, cordial or soft drink, instead of tea, coffee or water.
- Keep a record of your weight to check if these changes are working.

As you start to improve and your activity level increases, you may need to increase your food intake as well.

Enriched Milk

<table>
<thead>
<tr>
<th>Ingredients (makes 250mL)</th>
<th>Ingredients (makes 1 litre)</th>
</tr>
</thead>
<tbody>
<tr>
<td>250mL (1cup) full cream milk</td>
<td>1L full cream milk</td>
</tr>
<tr>
<td>1 heaped tablespoon milk powder</td>
<td>4 heaped tablespoons milk powder</td>
</tr>
</tbody>
</table>

**Method**
Add milk powder to fresh milk and whisk until dissolved.

*May be used to create nourishing flavoured milk drinks with Milo, Quik, Horlicks, malted milk powder, or coffee. May also be used to fortify savoury dishes such as soup, mashed potato, creamy pasta, and white sauce, or with porridge or breakfast cereal. Use enriched milk in place of regular milk in recipes – sweet or savoury!*
## Breakfast

### Creamy Porridge

**Per serve: 1400 - 2000kJ, 9 - 12g protein**

<table>
<thead>
<tr>
<th>Ingredients (serves 1)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>1/3 cup rolled oats</td>
<td>1 tablespoon honey (or sugar or maple syrup)</td>
</tr>
<tr>
<td>¾ cup of enriched milk (or 1/2 cup milk &amp; 1/4 cup pouring cream)</td>
<td></td>
</tr>
</tbody>
</table>

**Method**

**Stovetop:**
1. Stir over a medium heat for approximately five to seven minutes.
2. Sweeten to taste with honey or sugar or maple syrup.

**Microwave:**
1. Combine ingredients in a microwave-safe bowl.
2. Cook on high for 1 1/2 minutes, stir, and microwave for a further 1 minute.
3. Sweeten to taste with honey or sugar or maple syrup.

*Suitable for minced moist diets. For puree diets once cooked, blend until smooth.*

*Weet-Bix with enriched milk or cream is a suitable alternative for minced-moist diets.*

### Scrambled Eggs

**Per serve: 2900 kJ, 31g protein**

<table>
<thead>
<tr>
<th>Ingredients (serves 1)</th>
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</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td>½ cup grated cheese</td>
</tr>
<tr>
<td>2 – 4 tablespoons cream (or enriched milk)</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
</tbody>
</table>

**Method**

**Stovetop:**
1. Whisk together eggs and cream (more cream makes the dish softer).
2. Melt butter in frying pan.
3. Pour egg mixture into frying pan and cook for approximately 40 seconds or until egg sets, stirring regularly.
4. Mix in cheese until melted. Add salt and pepper to taste.

**Microwave:**
1. Crack two eggs into a microwave bowl and whisk with cream (more cream makes the dish softer).
2. Cook for 60 seconds then whisk.
3. Microwave for further 30 seconds to 60 seconds (depending on quantity of milk).
4. Mix in cheese until melted. Add salt and pepper to taste.

*For minced-moist & puree diets avoid crust/base and any dry pieces.*
Main Meals

- Many old favourites can be pureed, for example:
  - casseroles or hot pots or stews
  - shepherds pie, cottage pie
  - roast meats or corned beef
  - savoury mince
- For minced-moist diets, try mashing macaroni cheese
- Defrosted frozen meals from the supermarket or home delivered and canned meals can also be mashed or pureed as required.
- Add cheese (melt and mix in), enriched milk, cream, milk powder or neutral-flavoured protein powders to increase protein and energy.
- Avoid baby food, as this does not meet the nutritional needs of adults.
- When preparing meals try using herbs and spices, to enhance the flavour of the dish.
- When pureeing or mincing, choose nourishing sauces/liquids such as cream or oil, rather than water or stock (as this will dilute nutrients).

### Nourishing Sauce Ideas and Flavour Combinations

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>avocado; mango; apricot; mustard and cream; mushroom and cream;</td>
</tr>
<tr>
<td></td>
<td>coconut cream; satay sauce/peanut butter</td>
</tr>
<tr>
<td>Pork</td>
<td>apple sauce; pie apples; apple puree; coconut cream; plum sauce</td>
</tr>
<tr>
<td>Beef or Lamb</td>
<td>gravy (home-made or from gravy powder); apricot; tomato pasta sauce</td>
</tr>
<tr>
<td>Silverside</td>
<td>white sauce (made on enriched milk)</td>
</tr>
<tr>
<td>Mince</td>
<td>tomato pasta sauce; add kidney beans for chilli con carne</td>
</tr>
<tr>
<td>Fish</td>
<td>white sauce; tartare sauce; lemon butter; cream</td>
</tr>
</tbody>
</table>

**Commercial sauces available from supermarkets can also be used:**

- Masterfoods sauces in pouches – gravy, mushroom and white sauce, wholegrain mustard and honey, creamy white sauce, red wine and garlic, lemon pepper, cheese sauce, hollandaise
- Simmer sauces – e.g. *Chicken Tonight*, Sweet and Sour (e.g. *KanTong*), Peri Peri (e.g. *Nandos*)
- Pasta sauces in jars or in fridge section – tomato or creamy style

### Vegetables

- Puree with butter; oil, cheese sauce or sour cream.
- Choose more starchy options: potato, sweet potato, pumpkin, carrot, beans.
- Avoid corn and peas as they don't puree well.
- For extra flavour, try: tomato with basil; pumpkin or sweet potato with cinnamon or nutmeg; potato; zucchini with chives; carrots with mint or honey.
- Mashed garlic, ginger or chilli can also be added for flavour variety.
Main Meal Recipes

Beef Casserole  
Per serve: 1100kJ, 31g protein

Ingredients (serves 5)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoon oil</td>
<td>100g diced bacon pieces</td>
</tr>
<tr>
<td>1 onion</td>
<td>400g tin tomato</td>
</tr>
<tr>
<td>2 cloves garlic</td>
<td>1 cup beef stock</td>
</tr>
<tr>
<td>1 carrot, peeled and diced</td>
<td>Paprika or herbs</td>
</tr>
<tr>
<td>600g beef, diced</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Heat oil in large frying pan, add onion, garlic, beef and bacon, cook until brown.
2. Add all remain ingredients, simmer uncovered for 1 – 2 hours.
3. Puree with stick blender or in food processor. For puree diet may also need to be put through a sieve.
4. Serve with mashed potato or sweet potato.

Tip: For minced-moist diets try serving mixed with couscous/polenta for variety.
Tip: Replace beef with lamb or chicken for variety.
Tip: Add legumes (eg. kidney beans) to increase the protein and fibre content. It will take longer to puree & may require extra liquid.

Chicken Curry  
Per serve: 3000kJ, 35g protein

Ingredients (serves 4)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon oil</td>
<td>400ml can coconut cream</td>
</tr>
<tr>
<td>4 chicken thigh fillets, chopped</td>
<td>2 potatoes or 1 sweet potato, peeled and chopped</td>
</tr>
<tr>
<td>¼ cup mild green curry paste</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Heat oil in large frying pan and add green curry paste. Cook for 1 minute.
2. Add chicken and cook for 10 minutes (or until browned). Add potato.
3. Stir in coconut cream and bring to the boil.
4. Simmer uncovered for 20 minutes.
5. Puree with a stick blender or in a food processor. For puree diets may also need to be put through a sieve.

Tip: Replace the chicken with beef, lamb or tofu and try different curry pastes to create new flavours.
Note: Instant mashed potato can be used to save time. Mix in some extra cream and/or cheese.
Light Meals or Savoury Snacks

**Pumpkin & Bacon Soup**  
*Per serve: 1400kJ, 23g protein*

**Ingredients (serves 4)**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>100g bacon pieces, chopped</td>
<td>1 cup grated tasty cheese</td>
</tr>
<tr>
<td>1 onion, finely chopped</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>500g pumpkin, peeled and chopped</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>2 cups chicken stock</td>
<td></td>
</tr>
</tbody>
</table>

**Method**

1. Cook bacon and onion in a saucepan for two minutes. Add pumpkin and stock.
2. Simmer uncovered for 15 minutes or until pumpkin is tender.
3. Puree with stick blender or in food processor until smooth.
4. Add cheese and milk (use extra milk/stock to achieve desired consistency). Add salt and pepper to taste.

*Suitable for minced-moist diet. For puree diets blend until completely smooth, may also need to be put through a sieve.*

**Tip:** Try replacing pumpkin with sweet potato for another flavour variation.

**Quiche**  
*Per serve: 1700kJ, 17g protein*

**Ingredients (serves 4)**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>6 eggs</td>
<td>1 tablespoon herb tube/paste – eg. basil, chives</td>
</tr>
<tr>
<td>¼ cup oil</td>
<td>½ cup grated cheese</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>1 tablespoon parmesan cheese</td>
</tr>
<tr>
<td>½ cup plain yoghurt</td>
<td>Leftover pureed mashed vegetable</td>
</tr>
<tr>
<td>1/3 cup self raising flour</td>
<td>Salt and pepper, to taste</td>
</tr>
</tbody>
</table>

**Method**

1. Mix all ingredients in bowl.
2. Pour into greased oven dish.

*For minced-moist & puree diets avoid crust/base (any dry pieces).*

**Tip:** Add puree pumpkin for extra flavour.

**Cheesy Beans**  
*Per serve: 1100kJ, 15g protein*

**Ingredients (serves 1)**

<p>| | |</p>
<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200g can baked beans</td>
<td>¼ cup cheddar cheese, grated</td>
</tr>
</tbody>
</table>

**Method**

1. Heat baked beans in a pan or in the microwave until warm.
2. Stir through grated cheese until it melts.

*For minced-moist, mash with a fork or potato masher until correct texture.*

*For puree diets blend in food processor until smooth. May also need to be put through a sieve.*
Quick Soup 1  
**Per serve: 700 – 800kJ, 8 - 10g protein**

**Ingredients (serves 1)**
- 400g can (or tub) soup *(choose smooth options or puree chunky styles)*
- 4 tablespoons of milk powder

**Method**
1. Heat soup as per directions on can or tub.
2. Add milk powder 1 tablespoon at a time, stirring well.
   *Blend until smooth if using chunky soups. For puree diets also sieve soups, especially if contains corn or peas.*

Quick Soup 2  
**Per serve: 700 – 800kJ, 8 - 10g protein**

**Ingredients (serves 1)**
- 1 Cup-a-Soup sachet
- 2 tablespoons of milk powder or neutral-flavour protein powder *(eg. Proform Neutral or Sustagen Neutral)*

**Method**
1. Empty sachet into mug, fill with boiling water & stir.
2. Add milk powder 1 tablespoon at a time, stirring well.
   *Using a sieve remove any lumps/pieces to achieve smooth consistency.*

Savoury Snack Foods
- Hummus, guacamole (or other smooth dips), avocado (mashed)
- Cottage cheese or cream cheese - mix with sweet chilli sauce or avocado
- Flavoured cream cheese spreads
- Soft silken tofu (fridge section) – use in dips, sauces and smoothies
- Refried beans (available canned from supermarket)
- Tinned spaghetti (mash with a fork for minced-moist or blend until smooth for puree)

*Tip: try a smaller portion of breakfast or main meal options for a snack.*

Nourishing Desserts or Sweet Snacks
- Custard
- Ice Cream *(avoid nuts or hard pieces)*
- Yoghurt or frozen yoghurt
- Mousse
- Pannacotta, Crème Caramel
- **Sustagen Instant Pudding**
- Lemon butter (served with ice cream or cream)
- Self saucing sponge or pudding *(remove any dry pieces/hard edges)*
- Crème Brulee
- Chocolate Whip
- Fruit Flummery
- Blancmange
- Semolina Pudding
- Lemon Sago
### Dessert Recipes

**Baked Custard**  
*Per serve: 1100kJ, 13g protein*

**Ingredients (serves 2)**
- 3 eggs
- 1 cup milk
- 3 tablespoons sugar
- ½ tsp vanilla
- ½ tsp nutmeg (if desired)

**Method**
1. Whisk eggs, milk, sugar and vanilla until the sugar is dissolved.
2. Pour into a small baking tray and sprinkle with nutmeg.
3. Place in water bath (ovenproof dish ½ filled with water).
4. Turn on oven to 150°C and cook for 35 minutes.

*Tip: To create Chocolate Baked Custard, add ¼ cup of cocoa powder and 1 extra tablespoon of sugar to egg mixture.*

*For puree diets remove top layer with nutmeg.*

**Crustless Lemon Cheesecake**  
*Per serve: 1700 kJ, 11g protein*

**Ingredients (serves 5)**
- 250 g cream cheese
- 400g tin condensed milk
- ½ cup lemon juice
- Nutmeg or cinnamon (optional)
- Cream or ice cream (optional, to serve)
- Pureed fruit (optional, to serve)

**Method**
1. Beat cream cheese until smooth.
2. Add condensed milk and lemon juice, beat until smooth.
3. Pour into dish or individual moulds and sprinkle with nutmeg or cinnamon (if desired).
4. Chill until firm.
5. Serve with cream, ice cream and/or puree fruit (if desired).

**Other Cheesecakes:**  
Make or buy your favourite cheesecake (with a smooth filling, no lumpy fruits or bits) and simply remove the base!

**Jelly Cake**  
*Per serve: 1200kJ, 5g protein*

**Ingredients (serves 8)**
- 1 Swiss roll or plain slab cake (without icing)
- 1 – 2 packets of jelly crystals (not diet)
- 250 – 500ml hot water
- 250 – 500ml cold water

**Method**
1. Place Swiss roll or cake in loaf pan (choose pan which fits cake snugly).
2. Dissolve jelly crystals in hot water, then add cold water.
3. Pour jelly into loaf pan until cake is immersed in jelly.
4. Leave in refrigerator to set.
5. Cut into slice to serve. Keep cool.

*Recipe from Good Looking, Easy Swallowing, Creative Catering for Modified Texture Diets by Janet Martin & Jane Backhouse (details below).*
**Suggested Meal Plan**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Pureed porridge or semolina</td>
<td>made on enriched milk or cream and sprinkled with sugar</td>
</tr>
<tr>
<td></td>
<td>Yoghurt and puree fruit*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coffee on enriched milk</td>
<td>(or flavoured coffee sachet or chai latte sachet)*</td>
</tr>
<tr>
<td><strong>MORNING TEA</strong></td>
<td>Banana smoothie*</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Tinned soup (smooth)</td>
<td>with milk powder added*</td>
</tr>
<tr>
<td></td>
<td>Baked beans or spaghetti</td>
<td>mashed/pureed</td>
</tr>
<tr>
<td></td>
<td>Soft drink or cordial*</td>
<td></td>
</tr>
<tr>
<td><strong>AFTERNOON TEA</strong></td>
<td>Iced coffee, Milo or</td>
<td>flavoured milk made on enriched milk*</td>
</tr>
<tr>
<td></td>
<td>flavoured milk</td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Beef Casserole or Chicken</td>
<td>Curry</td>
</tr>
<tr>
<td></td>
<td>Mashed sweet potato</td>
<td>with extra margarine and cheese</td>
</tr>
<tr>
<td></td>
<td>Pureed cauliflower</td>
<td>with cheesy white sauce</td>
</tr>
<tr>
<td></td>
<td>Pureed beans</td>
<td>with margarine</td>
</tr>
<tr>
<td></td>
<td>Mousse and ice cream*</td>
<td></td>
</tr>
<tr>
<td><strong>SUPPER</strong></td>
<td>Sustagen or hot chocolate</td>
<td>made on enriched milk*</td>
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</tbody>
</table>

*Please note these items may not be suitable if you require thickened fluids*

Things I can do to improve my Minced-Moist or Puree Diet (to increase Energy and Protein):

1. 
2. 
3. 

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.
Developed: August 2013
Review: August 2015
Commercial Stockists

Safe Swallowing: www.safeswallowing.com.au or by phone (02) 9620 4971

Nutrition Australia: www.nutritionaustralia.org or (07) 3257 4393

Recipe Books

Super foods for small appetites: Home based modified texture diets
By Janet Martin (2014).
Available from: www.familyconcernpublishing.com.au (hard copy or digital download)

Easy-to-Swallow, Easy-to-Chew Cookbook.
By Donna L. Weihofen, JoAnne Robbins, & Paula A Sullivan.
Available from www.wiley.com

I-Can’t-Chew-Cookbook.
By J. Randy Wilson.
Available from: www.hunterhouse.com/shopexd.asp?id=388