

FOOD GUIDE – DYSPHAGIA DIETS

NDD Level 1: Dysphagia Pureed

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages and Milk	Smooth beverages without lumps, chunks, or pulp. Beverages may need to be thickened to the appropriate consistency.	Milk, coffee, tea, sodas, nutritional supplements (<i>may be given if thin liquids are allowed</i>)
Cereals and Grains <i>Cereals should have a pudding-like consistency and may have enough milk to moisten.</i>	Farina-type cooked cereals; cooked cereal should have a pudding-like texture Pregelged or slurried through the entire thickness: doughnuts, pancakes, waffles, French toast, bread Pasta, rice, and dressing that are pureed to a smooth consistency	Coarse cooked or dry cereals Cereals with seeds or nuts All other breads Crackers Regular rice Oatmeal Muffins
Vegetables, Potatoes, and Soups	Pureed or strained vegetables without chunks or seeds; mashed white potatoes Smooth cream soups or broth-type soups with pureed and strained ingredients	Regular cooked or raw vegetables Potato skins and chips Fried or french-fried potatoes or vegetables Regular soups with rice, corn, peas, or large chunks of meat and vegetables
Fruits and Juices	Applesauce, pureed fruits, well-mashed bananas Fruit juices without pulp or seeds (<i>may be given if thin liquids are allowed</i>)	Regular canned, fresh, or frozen fruits Fruit juice with pulp or seeds (<i>may be given if thin liquids are allowed</i>)
Meats, Meat Substitutes, and Entrees	Pureed or strained meats, poultry, or fish Pureed scrambled eggs Soufflés that are smooth and homogenous	Regular, chopped, or ground meats or casseroles Cottage cheese Cheese slices or cubes Scrambled or hard-cooked eggs Peanut butter Sandwiches Pizza
Desserts	Smooth custard and pudding Plain or custard-style yogurt Desserts pureed to a smooth and moist consistency	Ice cream, sherbet, frozen yogurt, other ices (<i>may be given if thin liquids are allowed</i>) Regular cake, pie, cookies Bread and rice pudding Fruited yogurt
Fats	Butter, margarine, smooth gravy, cream sauces, mayonnaise, salad dressings, cream cheese, sour cream, whipped toppings	All fats with coarse or chunky additives
Miscellaneous	Sugar, jelly, honey, syrup Ketchup, mustard, smooth sauces	Jams and preserves Coarsely ground pepper and spices

SAMPLE MENU

Breakfast	Noon	Evening
Orange Juice Cream of Wheat Pureed Scrambled Egg Biscuit with Slurry Margarine Jelly Milk Coffee Sugar, Creamer	<i>Classic Puree</i> Chicken Mashed Potatoes with Gravy <i>Classic Puree</i> Carrots <i>Classic Puree</i> Rosy Pears Margarine Pudding Tea Sugar	<i>Classic Puree</i> Beef <i>Classic Puree</i> Pasta <i>Classic Puree</i> Green Beans Tomato Juice Margarine <i>Classic Puree</i> Peaches Milk
<i>Beverages thickened to appropriate viscosity, per diet order</i>		

NDD Level 2: Dysphagia Mechanically Altered

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages and Milk	Beverages with minimal amounts of texture or pulp (any texture should be suspended in the liquid and should not precipitate out)	Milk, coffee, tea, sodas, nutritional supplements (<i>may be given if thin liquids are allowed</i>)
Cereals and Grains <i>Cereals may have ¼ cup milk or just enough milk to moisten if thin liquids are restricted. The moisture should be well blended.</i>	Soft pancakes, well moistened with syrup Cooked cereal with little texture, including oatmeal; slightly moistened cold cereals with little structure, such as corn flakes, Rice Krispies, Wheaties Unprocessed wheat bran stirred into cereals for bulk Pregelged or slurried breads that are gelled through the entire thickness Well-cooked pasta in sauce	Coarse cooked or whole grain dry cereals; cereals with seeds, nuts, or dry fruits All other breads Crackers Rice
Vegetables, Potatoes, and Soups <i>Vegetables should be < ½ inch and easily mashed with a fork.</i>	Soft-cooked or mashed vegetables, including cooked vegetables without hull or stringy fibers Well-cooked, moistened, boiled, baked, or mashed potatoes Well-cooked shredded hash brown potatoes that are not crisp Soups with easy-to-chew or easy-to-swallow meats or vegetables	Cooked peas or corn; raw vegetables Potato skins and chips Fried or french-fried potatoes or vegetables Broccoli, cabbage, brussels sprouts, asparagus, or other fibrous, non-tender, or rubbery cooked vegetables Soups with rice, corn, peas, or large chunks of meat and vegetables
Fruits and Juices	Soft drained canned or cooked fruits without seeds or skin; fresh soft/ripe banana, jelled cranberry sauce Fruit juices with small amounts of pulp (<i>If thin liquids are restricted, fruit juices should be thickened to appropriate viscosity.</i>)	Fruit cocktail, grapes, cherries, or apricots with skin; fresh, canned, or cooked pineapple; fresh fruits except ripe banana; dried fruits; frozen fruits Watermelon without seeds (<i>may be given if thin liquids are allowed</i>)
Meats, Meat Substitutes, and Entrees <i>Meat pieces should not exceed ¼-inch cube and should be tender.</i>	Moist ground meat; casseroles (without rice); melted cheese in casseroles Protein salads, such as tuna or egg, without large chunks, celery, or onion Cottage cheese; smooth quiche without large chunks Scrambled eggs, soufflés Well-cooked, slightly mashed, moist legumes such as baked beans	Dry or tough meats (such as bacon, sausage, hot dogs, bratwurst) Dry casseroles or casseroles with rice or large chunks Cheese slices or cubes Hard-cooked egg Peanut butter Sandwiches Pizza

NDD Level 2: Dysphagia Mechanically Altered (Cont.)

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Desserts	Custard, pudding Soft fruit pies with bottom crust only Crisps and cobblers without seeds, coconut, or nuts and with soft breading or crumb mixture Soft, moist cakes with icing or slurred cakes Pregelated cookies or soft, moist cookies that have been dunked in milk, coffee, or other liquid Soft, smooth chocolate bars that are easily chewed	Ice cream, sherbet, frozen yogurt, other ices (<i>may be given if thin liquids are allowed</i>) Dry cookies or cake Bread and rice pudding Anything with nuts, seeds, pineapple, or dried fruit Chocolates with nuts and fruits
Fats	Butter, margarine, gravy, cream sauces, mayonnaise, salad dressings, cream cheese, sour cream, whipped toppings	All fats with coarse or chunky additives
Miscellaneous	Jams and preserves without seeds; jelly Sauces and salsas with small tender chunks (< ½ inch)	Seeds, coconut, nuts Sticky or hard foods

SAMPLE MENU

Breakfast	Noon	Evening
Orange Juice	Honey Glazed Chicken, Ground	Braised Beef with Gravy, Ground
Cream of Wheat	Buttered Potatoes	Soft-Cooked Noodles with Gravy
Scrambled Egg	Soft-Cooked Carrots	Soft-Cooked Green Beans
Biscuit with Slurry	Margarine	Peach Slices, Drained
Margarine	Frosted Banana Cake	Margarine
Jelly	Milk	Pudding
Milk	Tea	Iced Tea
Coffee	Sugar	Sugar
Sugar		
Creamer		

Beverages thickened to appropriate viscosity, per diet order

NDD Level 3: Dysphagia Advanced

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages and Milk	All beverages	None
Cereals and Grains <i>All items must be well moistened. Moisten cereals with ¼ cup milk or enough milk to moisten if thin liquids are restricted.</i>	Cooked cereals Well-moistened dry cereals Pasta, noodles, rice Moist bread dressing Well-moistened soft breads, rolls, pancakes, plain muffins, biscuits (<i>Use margarine, butter, jelly, or syrup to moisten.</i>)	Cereals or breads with raisins or nuts Granola-type, coarse, or dry cereals such as shredded wheat or All Bran Thick-crust breads (such as French bread or baguettes) Crackers
Vegetables, Potatoes, and Soups	Tender soft-cooked vegetables Vegetable juices Most soups Shredded lettuce Fried, mashed, or baked potatoes without skin	Raw or cooked vegetables with tough skins or seeds; fried or raw vegetables; cooked corn Tough, crisp-fried potatoes Soups with tough meats or vegetables; clam or corn chowder
Fruits and Juices	Ripe banana, melon, peeled peaches, pears Cooked or frozen fruit Canned peaches, pears, apricots Fruit juices Soft berries with small seeds such as strawberries	Fruit cocktail, grapes, cherries, or apricots with skin; fresh fruit except ripe banana and those listed as allowed; dried fruits Watermelon without seeds (<i>may be given if thin liquids are allowed</i>)
Meats, Meat Substitutes, and Entrees <i>All meats must be well moistened. Add extra gravy or sauces as needed.</i>	Tender meat, fish, or poultry Soft cheese Chopped or ground meats, poultry Soft casseroles Meat, fish, or egg salads Eggs (prepared any way) Smooth peanut butter; liverwurst Yogurt without nuts or coconut	Dry or tough meats (such as bacon, sausage, hot dogs, bratwurst) Chunky peanut butter
Fats	All except those to avoid	Fats with coarse, difficult-to-chew, or chunky additives
Desserts	Cake, tender cookies Custard, pudding Ice cream, sherbet, frozen yogurt, other ices (<i>may be given if thin liquids are allowed</i>) Pies: cream, custard, pumpkin, soft fruit with bottom crust only	Desserts containing nuts, coarse dried fruit, or tough fruit Desserts baked to a hard consistency
Miscellaneous	Soft candy Jelly, smooth jams All sauces	Candy containing tough fruits, coconut, or nuts; hard candy Chewy caramel or taffy-type candies

SAMPLE MENU

Breakfast	Noon	Evening
Orange Juice	Honey Glazed Chicken, Ground	Braised Beef with Gravy, Ground
Cream of Wheat	Buttered Potatoes	Noodles with Gravy
Scrambled Egg	Soft-Cooked Carrots	Soft-Cooked Green Beans
Biscuit	Dinner Roll	Peach Slices
Margarine	Margarine	Dinner Roll
Jelly	Frosted Banana Cake	Margarine
Milk	Milk	Soft Cookie
Coffee	Tea	Iced Tea
Sugar	Sugar	Sugar
Creamer		

Beverages thickened to appropriate viscosity, per diet order