

DIETS FOR PEOPLE WITH DIFFICULTY CHEWING AND SWALLOWING (NDD)

<p style="text-align: center;"><u>Dysphagia Advanced</u> (DYSPHAGIA III DIET) OLD NAME: REGULAR SOFT</p> <p style="text-align: center;"><i>Regular food that is easy to chew.</i></p>	<p style="text-align: center;"><u>Dysphagia Ground Or “Mechanically- Altered”</u> (DYSPHAGIA II DIET) OLD NAME: MECHANICAL SOFT</p> <p style="text-align: center;">Soft-cohesive food with ground meat and extra gravy to make the meat moist.</p>	<p style="text-align: center;"><u>Dysphagia Puree</u> (DYSPHAGIA I DIET) OLD NAME: PUREE</p> <p style="text-align: center;"><i>All foods must be pureed smooth..</i></p>
<p>Meat: tender and cut-up small. NO tough meats Eggs prepared any way, (i.e., Spinach/mushroom/cheese Frittata) NO bacon, hot dogs, sausage NO nuts</p>	<p>All meat is ground, with gravy. Poached, scrambled, soft-cooked eggs. Scoop of tuna fish, egg salad (NO large chunks or celery). Soft salad sandwich/white bread (NO crusts)</p>	<p>Pureed Scrambled Eggs Pureed Meats with gravy</p>
<p>Soups and Cold Cereal okay Soups and Casseroles with small chunks of meat and vegetables NO corn or clam chowder</p>	<p>Pureed Soups NO mixed consistencies (i.e., NO cold cereal, NO soup with thin liquid broth and solids)</p>	<p>Smooth hot cereal (Pureed Oatmeal or Cream of Wheat) Order may specify NO Oatmeal Pureed Soups</p>
<p>Starches: Toast, English muffin, Pancakes, French Toast, Waffles okay NO bagels NO crusty-thick breads, but may have dinner rolls NO potato skins Rice okay</p>	<p>Toast, French Toast (NO crusts), muffins, pancakes okay Soft breakfast cakes okay NO bagels, NO English muffins, NO breadsticks, NO dinner rolls Pasta, noodles with sauce okay American Chop Suey Macaroni and cheese okay NO RICE</p>	<p>Mashed potatoes (whipped smooth with gravy, sour cream, and/or butter to keep moist and smooth)</p> <p>Well-cooked, pureed pasta</p>
<p>Fruits and vegetables: All vegetables, except NO cooked corn or peas, NO raw vegetables NO salads, except shredded lettuce Soft, peeled fresh fruit, but NO grapes, raspberries or stringy fruits (i.e., pineapple, mango) NO dried fruits NO popcorn</p>	<p>Well-cooked, soft vegetables okay Well-cooked, soft potatoes okay (i.e., potatoes sliced with cheese) NO salads. Cottage cheese okay. NO corn, peas, beans, asparagus, or non-tender veggies Canned peaches, pears, stewed tomatoes, crushed pineapple okay, but DRAIN OUT liquid NO raw fruit, except banana</p>	<p>Vegetables pureed smooth without lumps, chunks, seeds</p> <p>Pureed fruits without pulp, seeds, chunks</p> <p>NO cottage cheese</p>
<p>Desserts: All okay, except: NO nuts, seeds, coconut, or chewy caramel</p>	<p>Soft desserts okay: Soft Pies with whipped cream, soft cookies, cakes with icing, donuts okay</p>	<p>Pudding, smooth yogurt, custards, applesauce, pureed desserts, soufflés, smooth chocolate. Ice cream*, sherbet*, Fruit ice*, Jello* if NOT on a thick liquid</p>
<p>NO Pickles and garnish</p>	<p>NO pickles or garnish</p>	<p>NO pickles or garnish</p>

<p style="text-align: center;"><u>LIQUIDS</u></p> <p>Thin liquid Nectar Thick liquid Honey Thick liquid Pudding Thick liquid (also known as spoon-thick)</p> <p>Prepare with thickener powder or purchase pre-thickened liquids for Nectar and Honey.</p>	<p style="text-align: center;"><u>WATCH OUT:</u></p> <p>Cream of wheat and soups should be thick and smooth if patient is on a thickened liquid.</p> <p>If in doubt, don't give it to the patient.</p>	<p>* <u>If a patient is on a thickened liquid:</u></p> <ul style="list-style-type: none"> • NO Ice cream, sherbet, fruit ice, popsicles, and Jello. • NO mixed consistencies (cold cereals, broth-based soups, fruit cocktail cups) • Ensure is thin liquid. • Make frappes in blender with the liquid supplement plus banana or yogurt to thicken.
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National Dysphagia Diet Task Force (2002). *National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association.