## DIETS FOR PEOPLE WITH DIFFICULTY CHEWING AND SWALLOWING (NDD)

<u>Dysphagia</u>	Dysphagia Ground	Dysphagia Puree
<b>Advanced</b>	Or "Mechanically-	(DYSPHAGIA I DIET)
(DYSPHAGIA III DIET)	Altered"	<u>OLD NAME</u> : PUREE
OLD NAME: REGULAR SOFT	(DYSPHAGIA II DIET)	All foods must be pureed smooth
SOFI	OLD NAME: MECHANICAL	
Regular food that is	SOFT Soft-cohesive food with ground	
easy to chew.	meat and extra gravy to make	
	the meat moist.	
Meat: tender and cut-up small.	All meat is ground, with gravy.	Pureed Scrambled Eggs
NO tough meats Eggs prepared any way, (i.e.,	Poached, scrambled, soft-cooked eggs.	Pureed Meats with gravy
Spinach/mushroom/cheese	Scoop of tuna fish, egg salad (NO	
Frittata)	large chunks or celery). Soft salad	
NO bacon, hot dogs, sausage	sandwich/white bread (NO crusts)	
NO nuts	D 10	
Soups and Cold Cereal okay Soups and Casseroles with small	Pureed Soups NO mixed consistencies (i.e., NO	Smooth hot cereal (Pureed Oatmeal or Cream of Wheat)
chunks of meat and vegetables	cold cereal, NO soup with thin	Order may specify NO Oatmeal
NO corn or clam chowder	liquid broth and solids)	Pureed Soups
Starches:	Toast, French Toast (NO crusts),	Mashed potatoes (whipped smooth
Toast, English muffin, Pancakes,	muffins, pancakes okay	with gravy, sour cream, and/or
French Toast, Waffles okay	Soft breakfast cakes okay	butter to keep moist and smooth)
NO bagels NO crusty-thick breads, but may	NO bagels, NO English muffins, NO breadsticks, NO dinner rolls	Well-cooked, pureed pasta
have dinner rolls	Pasta, noodles with sauce okay	wen cooked, pareed pasta
NO potato skins	American Chop Suey	
Rice okay	Macaroni and cheese okay	
Emits and mastables.	NO RICE	Veresteller maneral area eth south
Fruits and vegetables: All vegetables, except NO	Well-cooked, soft vegetables okay Well-cooked, soft potatoes okay	Vegetables pureed smooth without lumps, chunks, seeds
cooked corn or peas,	(i.e., potatoes sliced with cheese)	rumps, enums, seeds
NO raw vegetables	NO salads. Cottage cheese okay.	Pureed fruits without pulp, seeds,
NO salads, except shredded	NO corn, peas, beans, asparagus, or	chunks
lettuce	non-tender veggies	
Soft, peeled fresh fruit, but NO	Canned peaches, pears, stewed	NO cottage cheese
grapes, raspberries or stringy fruits (i.e., pineapple, mango)	tomatoes, crushed pineapple okay, but DRAIN OUT liquid	
NO dried fruits	NO raw fruit, except banana	
NO popcorn	, 1	
<b>Desserts:</b> All okay, except:	Soft desserts okay:	Pudding, smooth yogurt, custards,
NO nuts, seeds, coconut, or	Soft Pies with whipped cream,	applesauce, pureed desserts,
chewy caramel	soft cookies, cakes with icing, donuts okay	soufflés, smooth chocolate. Ice cream*, sherbet*, Fruit ice*,
	donato okty	Jello* if NOT on a thick liquid
NO Pickles and garnish	NO pickles or garnish	NO pickles or garnish

## **LIQUIDS**

Thin liquid
Nectar Thick liquid
Honey Thick liquid
Pudding Thick liquid
(also known as spoon-thick)

Prepare with thickener powder or purchase pre-thickened liquids for Nectar and Honey.

## **WATCH OUT:**

Cream of wheat and soups should be **thick and smooth** if patient is on a thickened liquid.

If in doubt, don't give it to the patient.

## \* If a patient is on a thickened liquid:

- 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.

**National Dysphagia Diet Task Force** (2002). *National Dysphagia Diet: Standardization for Optimal Care.* Chicago, IL: American Dietetic Association.