

## Dysphagia Diet – Level 1

### Level 1: Dysphagia Pureed

#### ***Purpose of Diet:***

Dysphagia diets are recommended for individuals with temporary or permanent swallowing issues. There are three levels of the dysphagia diet. A level 1 dysphagia diet is recommended for people with moderate to severe swallowing difficulty and poor ability to protect their airway. A speech therapist or a physician will determine if this diet is appropriate for you.

#### ***Indications for Use:***

This diet is for those who have had strokes, head injuries, head or neck cancer or other conditions where swallowing has been affected.

#### **General Guidelines:**

- This diet allows pureed, smooth food that easily stays together and has a pudding-like consistency.
- The consistency of your liquids may also be restricted. Thin liquids are more difficult to swallow and may be need to be thickened. Your speech therapist or physician will determine if you need to thicken your liquids.
- If thin liquids are restricted, you will need to avoid any food that becomes thin liquid at either room (70° F) or body (98° F) temperature.
- Avoid foods that require tongue movement or chewing. No coarse textures, raw fruits, raw vegetables, nuts, or seeds are allowed.
- Eating foods that are not allowed on this diet with increase your chance of swallowing problems and of food going into your windpipe or lungs (also called aspiration).
- It can be difficult to meet energy needs on this diet. Most patients will need to consume oral nutrition drinks to meet their calorie and protein needs. Your dietitian or physician can determine if this is necessary for you.
- Add melted cheese, white sauce, gravy made with milk, evaporated milk, and/or butter to cooked foods to increase the calorie and protein content of your meals.
- Breads, cakes, pancakes can be made into a slurry using milk, apple juice, Sprite or gelatin. The bread product must be completely saturated with liquid.
- If you are unable to cook or prepare your meals, consider purchasing ready-made pureed meals and pre-thickened liquids.

## Level 1: Dysphagia Pureed Diet Guidelines

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p><b>Milk and Milk Products</b></p> 	<ul style="list-style-type: none"> <li>• Milk and buttermilk (may need to be thickened)</li> <li>• Yogurt without seeds, fruit or nuts (may need to be thickened)</li> <li>• Cheese whiz</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with seeds, nuts or lumps</li> <li>• Liquid consistencies not allowed</li> <li>• Cottage Cheese</li> <li>• All types of cheeses</li> </ul>
<p><b>Breads and Grains</b></p> 	<ul style="list-style-type: none"> <li>• Well cooked, <b>pureed</b> starch (mixed in a blender to a smooth consistent texture) such as pasta, noodles, bread stuffing or rice</li> <li>• <b>Pureed</b> bread mixes</li> <li>• Commercially prepared pre-gelled or slurries of breads, pancakes, sweet rolls, Danish pastries, French toast, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Rice</li> <li>• Pasta</li> <li>• Bread, bagels, dinner rolls or any other bread products</li> <li>• Baked goods</li> <li>• Pizza</li> <li>• Popcorn, chips, crackers</li> <li>• Cooked grains (quinoa, barley, grits, etc.)</li> </ul>
<p><b>Cereals</b></p> 	<ul style="list-style-type: none"> <li>• Smooth, cooked cereals with pudding-like consistency (farina, cream of wheat)</li> <li>• Rice cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal or cooked cereals with lumps, seeds, chunks</li> <li>• Dry cereals</li> </ul>
<p><b>Fruits</b></p> 	<ul style="list-style-type: none"> <li>• <b>Pureed</b> fruits without skin or seeds</li> <li>• Applesauce</li> <li>• Well-mashed bananas</li> <li>• Fruit juices without pulp, seeds or chunks (may need to be thickened to appropriate consistency if thin liquids are restricted)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole fruits (fresh, frozen, canned)</li> <li>• Dried fruits</li> <li>• Pineapple, oranges or other stringy, high pulp fruit</li> </ul>

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p><b>Vegetables</b></p> 	<ul style="list-style-type: none"> <li>• <b>Pureed</b> vegetables without chunks, lumps, pulp, or seeds</li> <li>• Tomato paste or sauce without seeds</li> </ul>	<ul style="list-style-type: none"> <li>• All other vegetables that have not been pureed</li> <li>• Tomato sauce with seeds</li> <li>• Salads</li> </ul>
<p><b>Potatoes and Substitutes</b></p> 	<ul style="list-style-type: none"> <li>• Mashed potatoes blended with gravy or cheese, butter, margarine, and/or sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• French fries, tater tots, hash browns and all other forms of potatoes</li> <li>• Plain mashed potatoes</li> </ul>
<p><b>Meat and Meat Substitutes</b></p> 	<ul style="list-style-type: none"> <li>• <b>Pureed</b> meats</li> <li>• Cheese whiz</li> <li>• Soufflé's that are a smooth, consistent texture</li> <li>• Hummus or other pureed legume/bean spread</li> <li>• Soft tofu mixed with liquid</li> <li>• Pureed, cooked egg products</li> </ul>	<ul style="list-style-type: none"> <li>• Whole or ground meats, fish or poultry</li> <li>• Bacon, hot dogs and sausage</li> <li>• Cheese, cottage cheese</li> <li>• Fried, scrambled or hard cooked eggs</li> <li>• Non-pureed lentils or legumes</li> <li>• Peanut butter unless blended into pureed foods</li> <li>• Nuts and seeds</li> </ul>
<p><b>Fats</b></p> 	<ul style="list-style-type: none"> <li>• Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese whipped topping</li> <li>• Salad dressing without seeds and oils (depending on liquid thickness)</li> <li>• Smooth sauces such as white sauce, cheese sauce, or hollandaise sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Fats with coarse or chunky additives</li> <li>• Oils and salad dressings of restricted thickness</li> </ul>

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<p><b>Soups</b></p> 	<ul style="list-style-type: none"> <li>All strained, cream-based, or broth-based soups if texture fits in with liquid restrictions</li> </ul>	<ul style="list-style-type: none"> <li>Soups with chunks of meat or vegetables</li> </ul>
<p><b>Sweets and Desserts</b></p> 	<ul style="list-style-type: none"> <li>Smooth puddings, custards, yogurt, <b>pureed</b> desserts and soufflés.</li> <li>Ice cream, frozen yogurt, sherbet, eggnog, milkshakes, malts, regular or sugar-free Jell-O (all may need to be thickened)</li> </ul>	<ul style="list-style-type: none"> <li>Cookies, cakes, pies, pastries, coarse or textured puddings, bread and rice pudding, fruited yogurt.</li> <li>If thin liquids restricted, avoid frozen malts, milkshakes, frozen yogurt, ice cream, sherbet, Jell-O or any other product that turns liquid at room or body temperature</li> </ul>
<p><b>Beverages</b></p> 	<ul style="list-style-type: none"> <li>Liquids must be the thickness as recommended by your speech therapist or physician (thin, nectar thick, honey thick or spoon thick)</li> <li>Smooth consistent beverages of allowed thickness</li> <li>Smoothies, milkshakes, fruit juice, vegetable juice, coffee, tea, soda, alcoholic beverages, and nutritional supplements (may need to be thickened).</li> <li>Ice chips</li> </ul>	<ul style="list-style-type: none"> <li>Any liquid with lumps, chunks, seeds, pulp etc.</li> <li>Any beverages of restricted thickness</li> </ul>
<p><b>Miscellaneous</b></p> 	<ul style="list-style-type: none"> <li>Sugar, artificial sweetener, salts finely ground pepper, and spices.</li> <li>Ketchup, mustard, BBQ sauce, and other smooth sauces.</li> <li>Honey, smooth jelly.</li> <li>Very soft, smooth candy such as truffles.</li> </ul>	<ul style="list-style-type: none"> <li>Coarsely ground pepper and herbs.</li> <li>Salsa, relish, or condiments with chunks.</li> <li>Chunky fruits preserves and seedy jams.</li> <li>Seeds, nuts, sticky foods.</li> <li>Chewy candies such as caramels or licorice.</li> </ul>

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## Sample Meal Plan

Breakfast	Lunch	Dinner
Orange juice (pulp free) Pureed peaches Puree French toast soufflé Pancake syrup Milk 2% Salt, sugar and finely ground pepper	Boost Plus Strained clam chowder Puree pot roast with gravy Mashed potatoes with gravy Pureed carrots Applesauce Salt, sugar and finely ground pepper	Apple juice Tomato soup Pureed baked chicken with sauce Mashed potatoes w/ melted cheese Pureed peas with butter Pureed banana pudding Milk 2% Salt, sugar and finely ground pepper

## Resources:

- [www.hormelheathlabs.com](http://www.hormelheathlabs.com)
- [www.thickit.com](http://www.thickit.com)
- [www.simplythick.com](http://www.simplythick.com)
- [www.swallowingdisorderfoundation.com](http://www.swallowingdisorderfoundation.com)

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