

Dysphagia Diet – Level 2

Level 2: Mechanically Altered

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 2 dysphagia diet is recommended for people with mild to moderate swallowing ability. Chewing ability is also required. 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, or other conditions where swallowing has been affected. This diet is a transition from the pureed textures to more solid textures.

General Guidelines:

- This diet consists of foods that are moist, soft and easily formed into a bolus (soft wad of food).
- Meats should be ground or minced and must be moist with some cohesion.
- 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.
- All foods from the pureed diet 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.
- 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.

Dietitian: _____

Phone: _____

Facility: _____

Level 2: Mechanically Altered Diet Guidelines

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Milk and Milk Products</p> 	<ul style="list-style-type: none"> • Milk and buttermilk (may need to be thickened) • Yogurt without seeds, fruit or nuts (may need to be thickened) • Cottage Cheese 	<ul style="list-style-type: none"> • Yogurt with seeds, nuts or lumps • Cheese slices and cheese cubes • Liquid consistencies not allowed
<p>Breads and Grains</p> 	<ul style="list-style-type: none"> • Soft pancakes with syrup • Pureed bread mixes • Pre-gelled or slurried breads • Well-cooked noodles in sauce • Moist macaroni and cheese • Casseroles without rice • Spaetzel or soft dumplings that have been moistened with butter or gravy 	<ul style="list-style-type: none"> • Rice • Bread, bagels, dinner rolls or any other bread products • Baked goods • Pizza • Popcorn, chips, crackers • Cooked grains (quinoa, barley, grits, etc.)
<p>Cereals</p> 	<ul style="list-style-type: none"> • Cooked cereals such as farina and cream of wheat, oatmeal, and rice cereal • Slightly moistened dry cereals with little texture such as corn flakes, Rice Krispies, Wheaties. (If thin liquids restricted, all milk must be absorbed into cereal) 	<ul style="list-style-type: none"> • Cooked cereals with large lumps, seeds, chunks • Whole grain, dry or coarse cereals
<p>Fruits</p> 	<ul style="list-style-type: none"> • Canned or cooked fruits without seeds or skin • Applesauce • Fresh, ripe banana • Fruit juices with small amounts of pulp (may need to be thickened to appropriate consistency if thin liquids are restricted) 	<ul style="list-style-type: none"> • Whole fruits (fresh or frozen) • Cooked fruits with skin or seeds • Dried fruits • Fresh, canned or cooked pineapple

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>Vegetables</p> 	<ul style="list-style-type: none"> • Soft, well-cooked vegetables • Vegetables should be chopped or diced to less than ½ inch. They should be easily mashable with a fork. • Tomato paste or sauce without seeds 	<ul style="list-style-type: none"> • Cooked corn and peas • Broccoli, cabbage, Brussel sprouts, asparagus or other fibrous, non-tender, or rubbery cooked vegetables • Tomato sauce with seeds • Salads or any other raw vegetable
<p>Potatoes</p> 	<ul style="list-style-type: none"> • Well cooked, moistened, boiled, baked or mashed potatoes • Well cooked, shredded hash browns that are not crisp (all potatoes need to be moist and in sauces) 	<ul style="list-style-type: none"> • French fries or fried potatoes • Crispy hash browns
<p>Meat and Meat Substitutes</p> 	<ul style="list-style-type: none"> • Moistened ground or cooked beef, poultry or fish. May be served with gravy or sauce. • Casseroles with tender meat and vegetables • Moist meatballs, meat loaf or fish loaf • Soft tuna or egg salad • Smooth quiche • Moist, mashed, poaches, scrambled or soft-cooked eggs. • Well cooked, mashed legumes or baked beans. • Hummus or other pureed legume/bean spread • Tofu 	<ul style="list-style-type: none"> • Dry or tough meats • Bacon, hot dogs, sausage and bratwurst • Cheese slices or cubes • Fried or hard cooked eggs • Chunky peanut butter • Nuts and seeds
<p>Fats</p> 	<ul style="list-style-type: none"> • Butter, margarine, gravy, sour cream, mayonnaise, cream cheese, whipped topping • Salad dressing without seeds and oils (depending on liquid thickness) • Smooth sauces such as white sauce, cheese sauce, or hollandaise sauce 	<ul style="list-style-type: none"> • Fats with coarse or chunky additives • Oils and salad dressings of restricted thickness

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>Soups</p> 	<ul style="list-style-type: none"> • Soup with easy-to-chew or easy-to-swallow meats or vegetables; particle sizes in soups should be less than ½ inch; should be easily mashed with a fork • Soups may need to be thickened to appropriate consistency 	<ul style="list-style-type: none"> • Soups with large chunks of meat or vegetables • Soups with rice, corn, peas • Soups of restricted liquid consistency
<p>Sweets and Desserts</p> 	<ul style="list-style-type: none"> • Pudding, custard • Soft fruit pies with bottom crust only • Crisps and cobblers without seeds or nuts • Soft, moist cakes with icing or “slurried cakes” • Pre-gelled cookies or soft, moist cookies that have been dunked in milk or other liquid • Ice cream, frozen yogurt, sherbet, eggnog, milkshakes, malts, regular or sugar-free Jell-O (all may need to be thickened) 	<ul style="list-style-type: none"> • Dry, coarse cakes and cookies • Desserts with nuts, seeds, coconut, pineapple, or dried fruit • Rice or bread pudding • If thin liquids are restricted, avoid frozen malts, milkshakes, frozen yogurt, ice cream, sherbet, Jell-O or any other product that turns liquid at room or body temperature
<p>Beverages</p> 	<ul style="list-style-type: none"> • Liquids must be the thickness as recommended by your speech therapist or physician (thin, nectar thick, honey thick or spoon thick) • Smoothies (no seeds), milkshakes, fruit juice, vegetable juice, coffee, tea, soda, alcoholic beverages, and nutritional supplements (may need to be thickened). • Ice chips 	<ul style="list-style-type: none"> • Any liquid with lumps, chunks, seeds, pulp etc. • Any beverages of restricted thickness

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>Miscellaneous</p> 	<ul style="list-style-type: none"> • Ketchup, mustard, BBQ sauce, and other smooth sauces. • Honey, smooth jelly. • Smooth sauces with small chunks • Salsa with small tender chunks, less than ½ inch • Soft, smooth chocolate bars that are easily chewed 	<ul style="list-style-type: none"> • Coarsely ground pepper and herbs. • Chunky fruits preserves and seedy jams. • Seeds, nuts, sticky foods. • Chewy candies such as caramels or licorice • Hard candy

Sample Meal Plan

Breakfast	Lunch	Dinner
Orange juice Canned pears Oatmeal Egg soufflé Ketchup, salt, pepper	Chopped Salisbury steak in sauce Mashed potatoes with gravy Diced carrots (well cooked) with butter glaze Key lime pudding Salt, finely ground pepper	Chopped chicken cordon bleu with sauce Mashed sweet potatoes Cooked green beans with butter Canned pears Salt, finely ground pepper Milk

Resources:

- www.hormelheathlabs.com
- www.thickit.com
- www.simplythick.com
- www.swallowingdisorderfoundation.com

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

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

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD036 – 01/17