

Dysphagia Diet – Level 3

Level 3: Advanced

Purpose of Diet:

Dysphagia [dis-FAY-zhia] diets are recommended for people with temporary or permanent swallowing issues. There are 3 levels of the dysphagia diet. A level-3 dysphagia diet is recommended for people with mild oral (mouth) or pharyngeal [fair-en-GEE-uhl] (throat) swallowing issues. Chewing ability is also required for this diet. 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 considered a transition diet and includes most regular textures with the exception of foods that are harder to chew and swallow.

General Guidelines:

- This diet consists of foods that are nearly regular texture with the exception of very hard, sticky, or crunchy foods.
- All foods need to be moist and in bite-size pieces before swallowing.
- Certain liquids may need to be avoided. 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 at either room or body temperature (70° F, 21° C to 98° F, 36.6° C).
- All foods from the pureed and mechanical soft diets are allowed.
- Eating foods that are not allowed on this diet will increase your chance of swallowing problems and of food going into your windpipe or lungs (also called aspiration [as-peer-AY-shun]).
- Adding foods like melted cheese, white sauce, gravy made with milk, evaporated milk, and/or butter to cooked foods can increase the calorie and protein content.

Dietitian: _____

Phone: _____

Facility: _____

Level 3: Advanced Dysphagia 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 (may need to be thickened) • Cottage Cheese • Cheese 	<ul style="list-style-type: none"> • Yogurt with nuts or coconut • Thin liquids that are not allowed
<p>Breads and Grains</p> 	<ul style="list-style-type: none"> • Any well-moistened breads, biscuits, muffins, pancakes, waffles, etc. Add jelly, syrup, butter, etc. to moisten well • Rice, wild rice and other cooked grains (must be served with sauce or be moist) • Bread pudding • Casseroles • All pasta dishes 	<ul style="list-style-type: none"> • Dry bread or toast, bread with a hard crust (Italian or French bread, or baguettes) • Crackers, croutons, potato chips • Dry stuffing or bread dressing
<p>Cereals</p> 	<ul style="list-style-type: none"> • Cooked cereals such as farina and cream of wheat, oatmeal, and rice cereal • Dry cereal with milk (must be moistened) 	<ul style="list-style-type: none"> • Cooked cereals with seeds, nuts or chunks • Coarse or dry cereals like Shredded Wheat, All Bran or Frosted Mini-Wheats
<p>Fruits</p> 	<ul style="list-style-type: none"> • All canned or cooked fruits • Soft berries with small seeds (strawberries, raspberries) • Soft, peeled fresh fruits such as peaches, bananas, nectarines, kiwi, cantaloupe, honeydew and seedless watermelon • Fruit juices (may need to be thickened to appropriate thickness if thin liquids are restricted) 	<ul style="list-style-type: none"> • Difficult-to-chew fruits, such as apples or pears • Stringy, high-pulp fruits such as papaya, pineapple, or mango • Fresh fruits with difficult-to-chew peels, such as grapes • Dried fruits • Fruit leather, fruit roll-ups, and fruit snacks

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 tender and easy to cut. • Tomato paste or sauce without seeds • Shredded lettuce 	<ul style="list-style-type: none"> • All raw vegetables • Cooked corn and peas • Broccoli, cabbage, Brussels 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 • Tender, fried potatoes 	<ul style="list-style-type: none"> • Crispy hash browns • Potato skins
<p>Meat and Meat Substitutes</p> 	<ul style="list-style-type: none"> • Thinly-sliced meats • Ground or tender meats and poultry • Sausage, bacon, bratwurst • Fish without bones • Casseroles with tender meat and vegetables • Eggs cooked in any style (moist, mashed, poached, scrambled) • Beans, hummus or other bean dip or spread • Tofu 	<ul style="list-style-type: none"> • Dry or tough meats • Fish with bones • Chunky peanut butter • Nuts and seeds
<p>Fats</p> 	<ul style="list-style-type: none"> • Butter • Margarine • Sour cream • Mayonnaise • Cream cheese • Whipped topping • Salad dressing without seeds and oils (depending on liquid thickness) • Smooth sauces such as gravy, 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

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Soups</p> 	<ul style="list-style-type: none"> • Soup with tender meats and/or soft vegetables; particle sizes in soups should be less than 1 inch • Soups may need to be thickened to appropriate consistency 	<ul style="list-style-type: none"> • Soups with tough meats or large chunks • Soups such as corn or clam chowder (need to be strained) • Soups of restricted liquid consistency
<p>Sweets and Desserts</p> 	<ul style="list-style-type: none"> • Moist, tender cakes and cookies • Easy-to-chew desserts • Pudding, custard, pie • Crisps and cobblers without seeds or nuts • 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 • 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 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
<p>Miscellaneous</p> 	<ul style="list-style-type: none"> • All seasonings and sweeteners • All sauces • Non-chewy candies without seeds, nuts, or coconut • Jams, jellies, honey, syrup and preserves 	<ul style="list-style-type: none"> • Sauces with seeds or nuts • Sticky foods • Chewy candies such as caramels and taffy • Hard candy

Sample Meal Plan

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none"> • Orange juice • Dry cereal, well-moistened • Scrambled eggs with melted cheese & well-cooked veggies • Milk • Banana 	<ul style="list-style-type: none"> • Tender beef stew, in small chunks • Dinner roll with no seeds • Canned fruit salad • Yogurt (no nuts or seeds) • Chocolate chip cookie, moistened with no nuts • Milk 	<ul style="list-style-type: none"> • Creamy potato soup • Dinner roll with no seeds • Butter • Moist chicken breast with sauce • Soft-cooked rice • Cooked green beans • Apple crisp with ice cream

Resources:

hormelheathlabs.com

thickit.com

simplythick.com

swallowingdisorderfoundation.com



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

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