Dysphagia Diet Level 3 (Advanced)

DESCRIPTION:
This Dysphagia Advanced diet is restricted to:

- Foods that are moist, with "bite size" pieces.
- Foods that are not hard, sticky, or crunchy.
- Well moistened breads with extra margarine, jelly, and syrup. No dry bread like toast or crackers.
- Foods that do not include nuts, seeds, dry fruit, coconut, or pineapple.
- Vegetables that are less than 1 inch in size. No cooked corn or non-tender or rubbery cooked vegetables like broccoli, cabbage, brussel sprouts, asparagus, or cauliflower.

FOOD TEXTURES FOR DYSPHAGIA DIET LEVEL 3 - CHOPPED
DYSPHAGIA ADVANCED

BEVERAGES
RECOMMENDED:
Any beverages, depending on recommendations for liquid consistency.

BREADS
RECOMMENDED:Any well-moistened breads, biscuits, muffins, pancakes, waffles, etc. Need to add adequate syrup, jelly, margarine, butter, etc., to moisten well.
AVOID: Dry bread, toast, crackers, etc. Tough, crusty breads such as French bread or baguettes.

CEREALS
RECOMMENDED: Cooked cereals with little texture, including oatmeal. Unprocessed wheat bran stirred into cereals for bulk. *Note:* If thin liquids are restricted, it is important that all of the liquid is absorbed into the cereal.
AVOID: All dry cereals and any cooked cereals that may contain flax seeds or other seeds or nuts. Whole-grain, dry, or coarse cereals. Cereals with nuts, seeds, dried fruit, and/or coconut.

DESSERTS
RECOMMENDED: All others except those on **AVOID** list.
AVOID: Dry cakes, cookies that are chewy or very dry. Anything with nuts, seeds, coconut, pineapple, or dried fruit. **These foods are considered thin liquids and should be avoided if thin liquids are restricted:**
Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin, or any foods that become thin liquid at either room (70°F) or body temperature (98°F).

FATS
RECOMMENDED: All other fats except those on **AVOID** list.
AVOID: All fats with coarse, difficult-to-chew, or chunky additives such as cream cheese spread with nuts or pineapple.

FRUITS
RECOMMENDED: All canned and cooked fruits. Soft, peeled fresh fruits such as peaches, nectarines, kiwi, mangos, cantaloupe, honeydew. Soft berries with small seeds such as strawberries.
AVOID: Difficult-to-chew fresh 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. Uncooked dried fruits such as prunes and apricots. Fruit leather, fruit roll-ups, fruit snacks, and dried fruits.

MEATS AND MEAT SUBSTITUTES, ENTREES
(*Meats chopped to ¼ to ½ inch per piece.)*

RECOMMENDED: Thin-sliced, tender, or ground meats and poultry. Well-moistened fish. Eggs prepared any way. Yogurt without nuts or coconut. Casseroles with small chunks of meat, ground meats, or tender meats.
AVOID: Tough, dry meats and poultry. Dry fish or fish with bones. Chunky peanut butter. Yogurt with nuts or coconut.

POTATOES AND STARCHES
RECOMMENDED: All, including rice, wild rice, moist bread dressing, and tender, fried potatoes.
AVOID: Tough, crisp-fried potatoes. Potato skins. Dry bread dressing.

SOUPS:
RECOMMENDED: All soups except those on the **AVOID** list. Strained corn or clam chowder. (Soups will need to be thickened to appropriate consistency, if soup is thinner than prescribed liquid consistency.)
AVOID: Soups with tough meats. Corn or clam chowders. Soups with large chunks of meat and vegetables that are bigger than one inch.

VEGETABLES:
RECOMMENDED: All cooked, tender vegetables. Shredded lettuce.
AVOID: All raw vegetables except shredded lettuce. Cooked corn. Nontender or rubbery cooked vegetables.

MISCELLANEOUS:
RECOMMENDED: All seasonings and sweeteners. All sauces. Non-chewy candies without nuts, seeds, or coconut. Jams, jellies, honey, and preserves.
AVOID: Seeds, nuts, and coconut. Chewy caramel or taffy-type candies. Candies with nuts, seeds, or coconut.

*Ask for separate educational handout on liquid consistencies, if necessary.

Document Released: 12/18/2006 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.