Dysphagia Diet Level 1 (Pureed)

This Dysphagia Pureed Diet is restricted to:

- Foods that are "pudding-like," very cohesive and homogenous.
- Foods that do not contain coarse textures, raw fruits or vegetables, nuts, etc.
- Foods prepared so they can be swallowed with minimal or no chewing.
- Foods that do not include bread or bread-like textures.

FOOD TEXTURES FOR DYSPHAGIA DIET LEVEL 1 - PUREED

FOOD GROUP: Beverages.
RECOMMENDED: Any smooth beverages without lumps, chunks, or pulp. Beverages will need to be thickened to appropriate consistency.
AVOID: Any beverages with lumps, chunks, seeds, pulp, etc.

FOOD GROUP: Breads.
AVOID: Breads, rolls, crackers, biscuits, pancakes, waffles, French toast, muffins, etc.

FOOD GROUP: Cereals.
RECOMMENDED: Smooth, cooked cereals, such as grits. Cereals should have a "pudding-like" consistency.
AVOID: All dry cereals and any cooked cereals with lumps, seeds, or chunks. Oatmeal.

FOOD GROUP: Desserts.
RECOMMENDED: Smooth puddings, custards, yogurt, pureed desserts, and soufflés.
AVOID: Ices, gelatins, frozen juice bars, cookies, cakes, pies, pastry, coarse or textured puddings, bread and rice pudding, fruited yogurt.
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).

FOOD GROUP: Fats.
RECOMMENDED: Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping. Smooth sauces such as white sauce, cheese sauce, or hollandaise sauce.
AVOID: All fats with coarse or chunky additives.

FOOD GROUP: Fruits.
RECOMMENDED: Pureed fruits or well-mashed fresh bananas. Fruit juices without pulp, seeds, or chunks (may need to be thickened to appropriate consistency if thin liquids are restricted).
AVOID: Whole fruits (fresh, frozen, canned, dried).

FOOD GROUP: Meats and Meat Substitutes.
RECOMMENDED: Pureed meats. Braunschweiger. Soufflés that are smooth. Softened tofu mixed with moisture. Hummus or other pureed legume spread. Pureed cottage cheese.
AVOID: Whole or ground meats, fish, or poultry. Non-pureed lentils or legumes. Cheese. Peanut butter, unless pureed into foods correctly. Non-pureed fried, scrambled, or hard-cooked eggs.

FOOD GROUP: Potatoes and Starches.
RECOMMENDED: Creamy mashed potatoes, pureed potatoes with gravy, butter, margarine, or sour cream. Well-cooked pasta, noodles, bread dressing, or rice that has been pureed in a blender to a smooth consistency.
AVOID: All other potatoes, rice, or noodles. Dry mashed potatoes, cooked grains. Non-pureed bread dressing.

FOOD GROUP: Soups.
RECOMMENDED: Soups that have been pureed in a blender or strained. May need to be thickened to appropriate consistency.
AVOID: Soups that have chunks, lumps, etc.

FOOD GROUP: Vegetables.
RECOMMENDED: Pureed vegetables without chunks, lumps, pulp, or seeds. Tomato paste or sauce without seeds. Tomato or vegetable juice (may need to be thickened to appropriate consistency if juice is thinner than prescribed liquid consistency).
AVOID: All other vegetables that have not been pureed. Tomato sauce with seeds, thin tomato juice.

FOOD GROUP: Miscellaneous.
RECOMMENDED: Sugar, artificial sweetener, salt, finely ground pepper, and spices. Ketchup, mustard, barbecue sauce, and other smooth sauces. Honey, smooth jellies. Very soft, smooth candy, such as truffles.
AVOID: Coarsely ground pepper and herbs. Chucky fruit preserves and seedy jams. Seeds, nuts, or sticky foods. Chewy candies, such as caramels or licorice.

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

Document Released: 12/18/2006 Document Re-Released: 03/14/2011
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