



DYSPHAGIA DIET

LEVEL 1

Name _____

Dietitian _____

Phone _____

E-mail _____

Who Should Use the Level 1 Dysphagia Diet?

Dysphagia is a condition in which people have difficulty swallowing. People with minimal ability to chew and swallow need the Level 1 dysphagia diet. It is appropriate for people with the following conditions:

- Inability to clear all food out of the mouth
- Choking on mixed consistencies of liquid and solid food such as casseroles, cold cereal with milk, or soups with chopped meat and vegetables
- Inability to swallow food without reminders to follow swallowing techniques taught by speech therapist
- Weak cough when food or liquid penetrate into lungs
- Weak or limited chewing ability

The Level 1 Diet

At this level of dysphagia, preparing foods so they require no chewing is essential. Foods on this diet must be smooth, moist, homogenous, and cohesive with a pudding-like texture and no lumps or chunks. No coarse textures, raw fruits, dried fruits, nuts, seeds, or raw vegetables are allowed.

Dysphagia also affects the kinds of liquids a person can swallow. At this diet level, thin liquid beverages may require thickening with Thick-It™ or a comparable product. The nursing staff or a trained caregiver will thicken beverages at bedside as needed.

Special Recommendations

The list on the following pages is not all-inclusive. Please ask your dietitian or speech therapist for additional recommendations and suggestions.

Food Group	Recommended	Avoid	If thin liquids allowed diet may also include
Dairy products	Plain custard Plain yogurt or flavored smooth yogurt without fruit pieces White sauce or cheese sauce Milk thickened to consistency advised by speech therapist	Cheese cubes or slices Cottage cheese Custard with dried fruit or nuts Yogurt with fruit pieces, nuts, or coconut	Milk Carnation® Instant Breakfast® Ice cream Eggnog Milkshakes
Meat and meat substitutes	Pureed meat, fish, and poultry Pureed lentils or beans Smooth soufflés with a consistent texture Softened tofu pureed with added moisture Hummus or other pureed spreads	Whole or ground meat, fish, and poultry Unpureed lentils or beans Peanut butter, unless creamy and pureed thoroughly into foods Fried foods Non-pureed foods Scrambled, boiled, or poached eggs	
Fruit	Applesauce Pureed fruit Thickened fruit juice without pulp, seeds, or chunks	Whole fresh fruit Canned fruit, unless pureed Dried fruit Frozen fruit Fruit juice with pulp	Fruit juice without pulp, seeds, or chunks Tomato juice
Vegetables	Pureed vegetables without pulp, seeds, or chunks Thickened tomato juice or vegetable juice	All unpureed vegetables	Vegetable juice

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Food Group	Recommended	Avoid	If thin liquids allowed diet may also include
Grains and starches	Pureed breads, pancakes, sweet rolls, French toast Cream of Wheat® Cream of Rice® Malt-O-Meal® Grits Pureed pasta or noodles Mashed potatoes with gravy, butter, margarine, or sour cream	Unpureed breads, rolls, French toast, and pancakes Bread stuffing Crackers Biscuits Waffles Muffins All cold cereals Cooked cereals with lumps, seeds, or nuts Oatmeal Rice, cooked or pureed Unpureed potatoes and noodles	
Soups	Strained creamed soups; no lumps or grainy texture Thickened broths or tomato soup	Soups with lumps, chunks, or seeds	Unthickened broth or tomato soup
Desserts	Smooth pudding Custard Mousse Smooth soufflés Pureed desserts Thickened eggnog and nutrition supplements such as Ensure® or Boost®	Tapioca, bread, and rice puddings Cookies Cakes Pies Any dessert with seeds, nuts or coconut	Frozen malts and milkshakes Frozen yogurt, ice cream, and sherbet Eggnog Plain flavored gelatins Nutrition supplements such as Ensure® or Boost®

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Food Group	Recommended	Avoid	If thin liquids allowed diet may also include
Miscellaneous	Sugar Sugar substitute Salt Finely ground spices Ketchup Mustard Barbecue sauce Mayonnaise Smooth sauces and gravy Honey Jelly Smooth candy such as truffles	Coarsely ground pepper and herbs Fruit preserves or seedy jams Seeds Nuts Sticky foods Candy with sprinkles Chewy candy such as caramel or licorice	